

ANKH HEALING

THE ANCIENT EGYPTIAN ENERGY HEALING
SYSTEM

KIYA ANKARA



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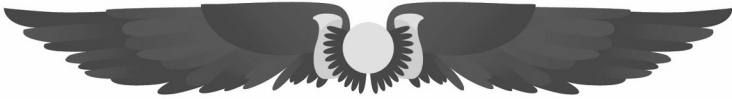
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The 'Prayer of Awakening' was written by Isis priest Padiusiri. 'We the brightest light' sourced from Amen Khum Ra. All others chants are unattributed to any specific author.

FOREWORD



Margot Ananda, million copy best-selling author of 'The Art of Sexual Ecstasy' and 'Love, Sex and Awakening' shares about Egyptian Tantric Secrets - the full text from which the Ankh Healing teachings have been drawn:

"Egyptian Tantric Secrets is a wonderful read. It is original and deeply alive and personal. The reader feels he/she is guided by Isis herself. It's a must for lovers of tantric initiation. Not to be missed."

Margot Anand

www.margotanand.com

Ma Ananda Sarita, international tantra teacher and author of 'Divine Sexuality' and 'Tantra Alchemy' shares:

“In 2021, Kiya went through a near death experience due to a powerful electric shock. During his recovery he found himself going through a series of mysterious initiations offered by the Goddess Isis.

This book was born as a channeled gift transcending time and space, speaking directly to the heart and soul of all beings. It is both a practical and poetic rendering of immortal truths which are at the core of mystery school teachings.

Transcendent of background or spiritual persuasion, the techniques outlined in the book offer a journey of remembrance into unity consciousness for all beings.

Read this book and sense that lightness of being which resides in the heart of the divine. Practice the techniques outlined within its pages and discover timeless truth.

Ancient wisdom teachings are forever fresh and new for each generation. These teachings, being immortal, come again and again to humanity through different mediums.

I feel deep gratitude that Kiya has had the courage to share the wisdom he received, out of compassion for all beings.”

Ma Ananda Sarita

www.anandasarita.com

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WELCOME TO
ANKH HEALING



1. WELCOME TO ANKH HEALING

Welcome to this book that dives deep into Ankh Healing. In some ways Ankh Healing is similar to Reiki, which has become increasingly popular in recent years, thanks to Mikao Usui who inspired others to learn this modality since the 1920s.

Like Reiki, Ankh Healing is an energy healing modality. It involves opening to the infinite, ever abundant, universal source of energy, and becoming a channel - *a conduit* - through which great energy flows. This energy current can be directed towards yourself for personal healing. After a period of marinating in the healing potency of Ankh Healing, it is also something you can learn to share with others, through one-to-one Ankh Healing sessions.

Ankh Healing is an ancient form of healing technology that comes to us from Egypt. Thus it has a history that is at least 5,000-6,000 years old. As you might know, there was once a great Egyptian civilization that was deeply spiritual, and had a complex system of spiritual ideas and concepts that inspired them. They also had a plethora of gods and goddesses - known as Neteru - who each had unique characteristics and areas of expertise. Whilst the once great Egyptian civilization is no longer in existence, the Neteru, the gods and goddesses of Egypt are

ever present, and ever ready to work with those that feel the call to them.

My name is Kiya and I'll be guiding you on this journey deep into Ankh Healing. My biggest guide and teacher is Goddess Isis, known as the goddess of healing and benevolent magic. The magic she teaches is benevolent in the sense that she supports people to expand their magical potential so they can utilize it in service to others. This is key - as we know many people over the millennia have come to use magic for their own egoic self-serving agenda. Isis holds space for the highest alignment of our heart and soul, reconnecting us to the sacred mission we signed up for in this lifetime. In a world lost in materialism and social media escapism, we are being invited to return to a connection to the divine, and to find our way to serve the wider healing of the world. That journey of healing starts first with healing ourselves, since only those that have gone on their personal healing journey can then support the healing of others.

If you wish to expand and deepen your knowledge of Ankh Healing, and receive the keys that unlock this ancient healing technology in your life, this book is the perfect place to start. During the journey you will learn the foundational Ankh Breathwork practices. These are a series of breath, movement and visualization techniques that will support your Ankh Healing sessions. However, they also stand as powerful sacred practices in their own right, once used by priests, priestesses, and royalty. Once experienced you may find them so powerful that you want to incorporate them into your daily life, using them to align you, connect you into energy, and plug you into the source of all energy.

As we go deeper through this book, we will dive into what the Ankh is, what it can do, how it works as an energy healing tool, and how you can start to bring it into your daily life. When you do, it connects your body to your heart, your heart to your soul, and your soul to the one source out of which we have come.

As we deepen on our journey together, you will be guided through a special initiation process, once shared between priests and priestesses in the temples. This is a special unlocking initiation which will open the Ankhs in the palms of your hands. Once these are open you can

begin to pour through Ankh Healing energies as a golden healing light, supported by the Ankh Breathwork. They fit together and support one another beautifully.

Much of this content is drawn from the downloads I received directly from Goddess Isis over 9 intense days of channeling. I realize some people can be put off by the idea of reading information from someone claiming to channel. Believe me, I was also highly skeptical of channeled information for many years! I came to peace with it by treating it just like any other information I might take in. I listened and saw what resonated. What resonated I kept, what didn't, I left behind. I invite you to relate to this content in a similar way. Skepticism is welcome, healthy even. It is through the experience of these practices, I feel, that you begin to truly see and feel if these teachings are for you.

Perhaps you are already a healer who wants to add more tools to their spiritual toolkit, or perhaps you are curious to learn a new healing modality. Perhaps you are new to healing, but you are looking for a healing technique you can offer to yourself, so you are not reliant on others to bring that healing. Don't get me wrong, going to others for healing is a beautiful gift we can give ourselves. But alongside that, we can learn through Ankh Healing a profound healing tool we can then use to support our own healing process - no session will need to be pre-booked - as you will anchor this Ankh Healing modality deeply into your body, mind and awareness.

I've been teaching now for 16 year. Over these few past years I have been teaching these Ankh Healing practices to many people, through one-to-ones, then groups, and then last year (2023) we started to offer it online. Honestly, I wasn't sure how this training would translate into an online experience. Would people still feel it? I assumed it would not be as strong as the in-person initiations I had been doing.

But I was so wrong! In fact the online training, which had people join from all around the world, was the most potent Ankh Healing training I have ever offered! Many who joined received deep heart healing and nourishment from working with the Ankh Healing tools. People had spontaneous healings, some from conditions that doctors were unable to treat. One woman had an acute issue which meant her body temperature had to be kept down at all times, literally her life

revolved around surrounding her body with ice all the time to keep her core body temperature down. The doctors could not get to the bottom of the issue. After just one day with the Ankh Healing training her symptoms disappeared. It forced me to reframe what is possible online - and it is a reminder once again that in truth there is no space or distance that separates us, especially when you dial into the potency of energy healing, supported by the gods and goddesses!

Perhaps you are wondering if it is safe to work with these gods and goddesses from another land and time? I too had that same question, even when Isis came into my life and was guiding me so powerfully. Let us also recognize that at times different people have taken the Egyptian teachings and used them in pursuit of their own egoic desires. Even within Egypt historically there was misuse and abuse of the sacred systems. Like any spiritual system it can start off inspired by divine communion and gradually over time it can devolve and become tarnished by human desire. Isis often speaks about the Egyptian Lineage of Light - the original stream of teachings, untarnished by human greed. Connecting to the Lineage of Light can include direct connection to the gods and goddesses. The more time you spend connecting with them, the more you come to see their benevolence, their desire to serve humanity, and to support the evolution of mankind.

By the end of this book you will have been gifted the precious keys of Ankh Breathwork, and of Ankh Healing as a potent healing modality you can integrate into your life and utilise whenever you feel called to. This book is focused on self-healing, and will give you all the tools you might need to create and offer this healing modality to yourself. You might use this for nervous system regulation, for accessing trapped emotions and allowing them to be processed, for releasing stress at the end of a busy day, or as a pathway to connect to the source of all life.

What happens when you plug into the source? It enlivens you, it fills you with golden light, and you can then direct that healing light to any part of your body, mind or soul that might need to be healed or brought back to wholeness.

For those that are interested to take this journey one step further

and offer Ankh Healing to others, you are welcome you join us for the Ankh Healing Level 1 & 2 trainings. Unfortunately this can't be taught in a book as it's more complex than the self-healing modality.

It occurs over 2 weekends, 1 weekend for each level, by the end of which you have all the tools to offer this modality to others. I also offer ongoing support as you are finding your feet, which is especially helpful if you are new to offering healing sessions to others.

Through that training you will be encouraged to offer an Ankh Healing session to a friend or family member, helping you gain direct experience with this new approach to healing. In time, and once you feel more confident with this healing technology, you could choose to build a whole business around offering Ankh Healing sessions. This can become a beautiful way to serve others, offering from this beautiful ancient Egyptian healing stream.

Honestly I keep being blown away by the power and potency of these Ankh Healing teachings. I don't say that to blow my own trumpet, I say that because when you, or anyone connects into the power of these ancient practices, healing and magic happen! When you connect into the beating heart of the Egyptian lineage, and the gods and goddesses - the Neteru - of that lineage... wow! Even miracles can occur, as I have seen countless times by now.

I invite you to treat this book as an initiatory experience. There are potent teachings crammed into this little book! Work at your own pace, and follow step-by-step with the suggested practices and tools as you go. Bear in mind these are Mystery School teachings, that were once only shared with the chosen few, the priests and the priestesses of ancient Egypt, the royalty or the elite members of society. We are blessed to live in this 21st century where these once secret teachings are available to anyone and everyone that feels the call to them. The more you work with them, the deeper you will be transformed by them. Let them lovingly guide you deeper, breath by Ankh breath!

If after reading this book you want to go even deeper, you are welcome to come join us in circle and in community, meeting your brothers and sisters that feel the resonance to this Egyptian lineage. It is so powerful when we meet in circle, regardless of the physical distance. Come receive the deeper unlocking of your Ankh Healing

powers, live and direct, supported by our awesome team of guides and helpers on the unseen planes.

For now though, let us focus on this immediate Ankh Healing journey you can embark on, by following step by step through the content of this book, including the meditations, breathwork and initiation processes contained within. Be sure to do each part stage by stage to get maximum benefit from it. That way you will receive a complete initiation.

If any questions arise, feel free to reach out to me directly. I also offer this work through one-to-one and group initiations, online or in person. I have a special passion to help those new to spirituality to go deeper FAST! I also love working with spiritual healers and teachers to help them become more powerful and effective teachers of deep space holding - which to me is EMBODIED Space Holding. This is the key. If you have not gone on the healing journey yourself, how can you guide others?

The deeper invitation of this body of work is a loving invitation from Isis, Osiris and the other Neteru ...

It whispers to our hearts...

Go deeper my love....

Rise higher...

Open your wings,

For you were born to shine your light.

WITH BIG LOVE FROM MY HEART,

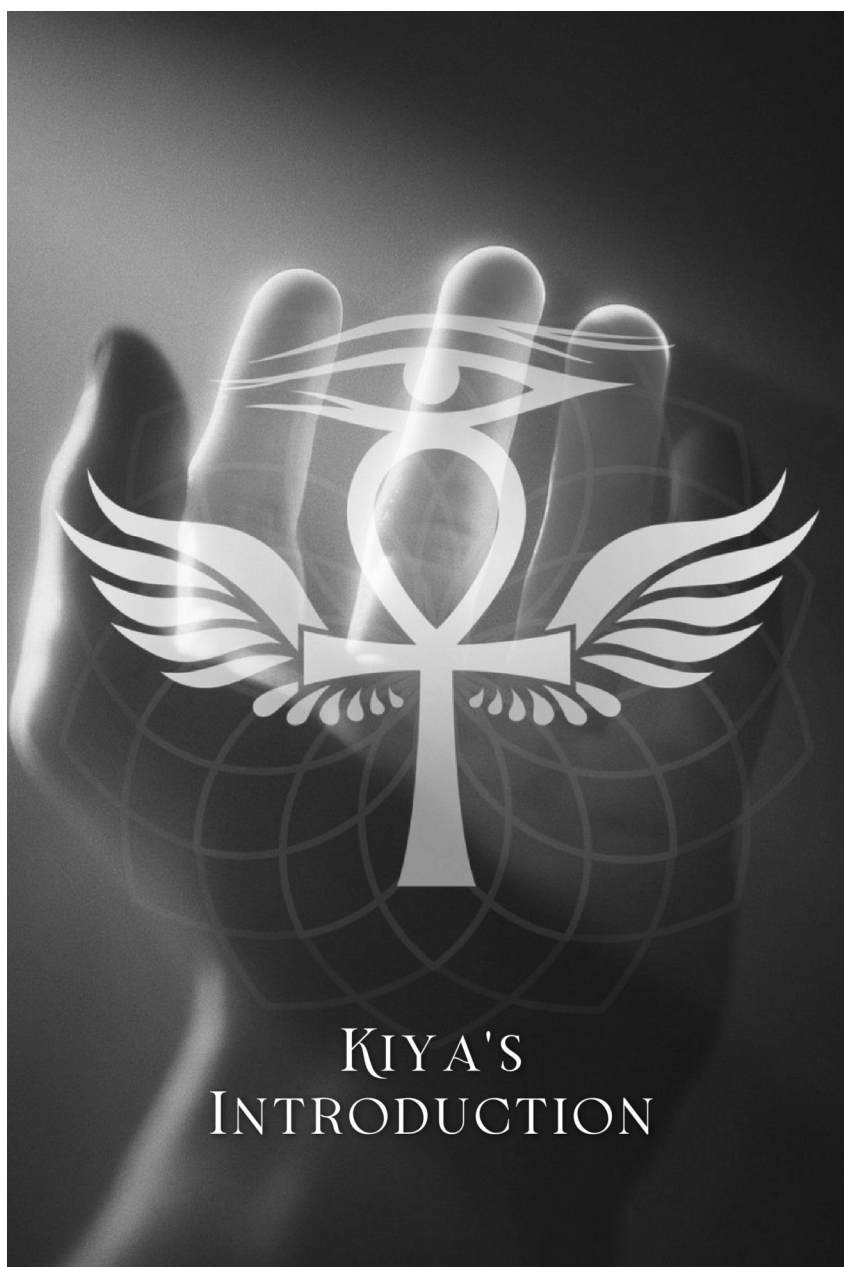
& from The Big Love...

Out of which we all have come,

And to which we shall all return!

Love,

A handwritten signature in black ink, appearing to read 'Kiya', with a long, sweeping horizontal line underneath.



2. KIYA INTRODUCTION



For the last thirty years, I've been on a spiritual quest. At sixteen I started learning how to meditate, in my early twenties I discovered tantra quite by accident with a beloved partner. In my twenties I fell in love with dance, and became fascinated by its healing potential.

At thirty I learnt to teach ecstatic trance dance, guiding others into higher states for healing. In turn that switched me on to the power of breathwork and I dove deep into rebirthing breathwork. Initially this was for my own healing, going into childhood trauma and even right the way back to birth trauma, an aspect that rebirthing powerfully explores. Later I came to share this with others too.

Breathwork in turn lead me to tantra, and so whilst I kept on teaching, I also kept on training. I learnt a wide variety of spiritual practices that can carry anyone into states of openness and connection with all that you believe in. I learned how to enter states of healing, bliss and ecstasy, consciously and intentionally. I also learnt how to guide others safely into and out of those spaces. Even after teaching for 16 years I continue to learn and grow as both student and teacher. Except these days my main teachers are Goddess Isis, and an extended team of very amazing beings that anyone can connect to if they are open to trying. Don't worry you aren't joining a cult, and no sacrifices are involved! Apart from the sacrifice of your ego at times upon the altar of love!

The Ankh as an energy circulation practice was first introduced to me about 7 years ago by a dear friend and tantra teacher who shared it with me whilst I was assisting on a month-long Tantra training of hers. One day she came excitedly rushing up to me before the class had started. She invited me to sit and try this circulation practice out. So I sat in front of a female friend from the course and we tried some 'Ankhing' - visualizing the Ankh around our bodies and sending energy through it.

Just trying it for a few minutes we could feel the power and potency of this practice. But even though that first taste with the Ankh was powerful, for some reason I didn't pursue it any further - it was just one of many techniques and practices I was exploring at that time. Then along came a book called 'The Magdalen Manuscript' by Tom Kenyon. My partner Freya had been raving about it, saying I should read it, and she'd been so so so enthusiastic about me reading it that I had been resisting it on some level! When I first saw that book it was sitting on our shared altar, because Freya had placed it there. What amazed me was the book had a powerful energy field - *I could see the*

light that was emanating from it - something I had need experienced before, and I knew I had to read it.

The book shares a channelled message said to come from Mary Magdalene. The story it puts forwards flies in the face of what many of us have been raised to believe, especially if you were brought up influenced by Christianity. Mary shares about her journey and relationship with Jesus, but let us call him by his original Aramaic name: Yeshua. She explains that when they met, there was a shared recognition of the spiritual work they were here to do together, both as teachers sharing a powerful message about love, but also through their own personal journey of entering into relationship together. Through that relationship they explored what can best be described as an advanced tantric relationship, working with sexual union (and heart union) as vehicles to God/Goddess realization. They were seeking the holy union through the vessel of their bodies.

But how does this relate to Ankh Healing you might wonder? At the time of Yeshua and Mary, in the final throes of the Egyptian epoch, the Ankh and other advanced spiritual techniques had become secreted away. Only the ruling elite and high level initiates would have been taught these advanced practices.

It is said that Mary Magdalene was a high priestess of the Isis temple, who was not only taught the Ankh practices within this book but came to master them to a high level. She then naturally shared these teachings with Yeshua, as she saw the advanced level he had attained to. So these ancient practices were explored by the couple that inspired a whole religion, which of course continues to this day in a very powerful way.

As many also know, their story was taken on by the Romans, who in 313 AD agreed to make Christianity the official religion of their empire. Ultimately, they took Yeshua's teachings and transformed them into a religious doctrine and dogma used to control people. Yeshua and Mary's story was so heavily edited that the tantric beating heart that could have been brought to the world through their union, was turned into the singular message of Jesus. The feminine transmission brought by Mary was lost and distorted beyond recognition. Had it not been for the discovery of the Nag Hammadi scriptures in 1945,

the tantric heart of Mary and Yeshua's relationship may have been lost for all time.

*From The Gospel of Philip,
one of the Nag Hammadi scriptures:
"The companion of the saviour is Mary Magdalene.
But Christ loves her more than the disciples
and used to kiss her often on the mouth."*

As I was reading The Magdalen Manuscript, it shook the foundations of my understanding. Until that time I saw the tantric teachings as originating from India and the Taoists sexual arts of China, and I had based myself in Asia for years to study and learn about them. Suddenly the root of Christianity revealed itself as another expression of that tantric path, with Egyptian teachings being part of the source and inspiration for this.

At the end of reading that channelled message from Mary, I received my own strong message – a wise and benevolent voice came into my awareness and spoke to me.

It said simply: *'Put the book down and go outside.'*

It was so clear and yet not forceful, in fact it was infinitely loving. So I put the book down and walked out onto my balcony that overlooked the ocean's edge, in Koh Phangan, Thailand, where I was living at the time.

"Sit down and do the one Egyptian practice you know."

So I sat, facing the quietly lapping ocean, and started doing the Ankh circulation practice I had recently been taught.

The voice came clearly again. *"The Ankh is a breathwork practice. Let me show you how to unite it with the breath."*

Step-by-step I was given exact instructions:

"Inhale through the nose, raise the breath to the heart, let it expand out to the sides. Now hold the breath, with your arms outstretched. Now exhale and condense the energy, feel how it gets stronger as it condenses. Gather the energy into your heart."

The voice guided me step-by-step through what I would later call Ankh Breathwork. The guidance mapped it precisely onto my body as

a breath technique that moves energy through both the physical body and the energy body. I sat there circulating the energy for a while and it was so powerful I knew I had received a special gift.

I didn't know why I had been given it, but I knew I had been given a precious key. This key unlocked the Ankh as a powerful energy practice, it gave me a precise way to work with it, which I will share with you later in this book. The voice vanished just as softly as it had arrived. At the time I saw it simply as a 'download from the universe'. I got them at times, but this one was the most potent and specific I'd ever received until then.

For a time I worked with the Ankh using the breath and movements I had received that day, combined with visualization. I shared it with my beloveds and with close friends, and once in a while I would meet someone and get a sense I should share it with them. They so often felt the potency of it I realized I needed to share it more.

I did some research into Egypt and the Ankh, and I kept on finding an image repeating over and over - the image of the Ankh pointed very specifically to the nose. When I first saw it, it blew my mind, because the guidance had been very specific - *breathe through the nose*.



Ancient Heiroglyph showing the Ankh being pointed at the nose.

What is the message held for thousands of years within these ancient wall carvings, seen again and again throughout countless temples all across Egypt? *The Ankh is a nose-based breath practice.*

The other piece of knowledge that blew my mind was the meaning behind the word Ankh itself - which translates as 'life', or '*the breath of life*'. Why would they call it 'the breath of life'? *Because it is a breath technique.*

HOW I CAME TO BE A CHANNEL FOR ISIS

IT'S IRONIC REALLY, THAT I ENDED UP BECOMING A CHANNEL. I WAS ALWAYS very skeptical about channeling. Over the years I met a few channels and they seemed pretty 'off with the fairies', or the information they claimed to channel didn't resonate with me. At times they would claim to bring information from different star systems halfway across the universe, which my inner skeptic really struggled to get his head around. So how did I come to be a channel, despite all this skepticism? Well, it all started with getting electrocuted and nearly dying.

For quite a few years I have lived in Bali, Indonesia. Remember Eat Pray Love? If you do you probably recall the idyllic rice fields of Ubud, which I feel lucky to call my home. Ubud is a meeting point for a lot of people interested in spirituality from all over the world.

If you've spent any time in Asia, you'll probably know that they don't earth their electricity. As a result, it's wise to wear rubber shoes when you're plugging anything into a power socket, especially if you have your feet on the earth. Let's just say I was not having a very wise day.

I had just been filming an interview with tantra teacher Ma Ananda Sarita, and we were preparing to get a few images of her and her partner in their beautiful tropical garden. Filmmaking was my main job at that time. I almost didn't bother to plug the light in, but in the final moment, I thought - '*ah, what the hell, it's not going to hurt if I throw a bit more light on them.*'

'It's not going to hurt'... how little did I know.

I grabbed an extension lead, and the power cable that plugs into the light, and I connected the two together. My bare feet were on the grass. I didn't even notice the loose electrical cable sticking out of the four-way power extension.

The moment the plug slotted into the 4-way adapter, the most excruciating pain of my life ripped through my body. I tried to let go of the power cables but my hands were magnetized to them. 220 volts of electricity were coursing through my entire body.

I remember screaming uncontrollably. Every single part of my body felt like it was being torn apart by pain. I tried again and again to let go of the extension cable, but my hands were magnetized to it with a vice-like strength. I couldn't break the connection, no matter how hard I tried.

Sarita and her partner were rushing around, trying to find the kill switch for the whole villa. And 220 volts were still coursing through my entire body, every muscle contracting, in an attempt to protect my heart. Still I was screaming at full volume, and the pain searing through my body was the most acute and all encompassing pain I have ever experienced in my life.

Suddenly in the midst of this hell, I heard a voice: *'You have to get out of this, right now.'*

I knew the truth of that statement, as I was struck by the lightning bolt flash of realization – *if I don't get out of this right now, I could die.*

I directed every ounce of will and strength I could possibly muster, to pull the plug out of the 4-way adapter - to break the connection. From the way Sarita described seeing that moment, she said I looked superhuman, as I ripped the plug out of the 4-way. 220 volts mercifully fell to zero and I stumbled back, collapsing onto the grass. I certainly didn't feel superhuman - I was in agony.

Then Sarita and her partner were there, and within moments they were in full healing mode, getting all their tools out, and giving me full permission to sound, to cry, to move the trauma out of my body. Thank God for tantrics - full permission for any emotion is positively normal in the world of Tantra.

And so I did.

I cried.

I screamed.

I wailed.

I sobbed.

I broke down and down and down further still, riding the waves of pain. Unraveling the trauma right there in the excruciating midst of it all.

Sometime later the ambulance arrived. Any time I moved my right arm it would send shocks of pain through my whole back. They rushed me to hospital. As they were doing the intake form they asked me how long I had been 'plugged in' for.

'About 10 seconds,' I said - as that's how long it had seemed to me.

After the form filling, Sarita's partner Miguel turned to me. *'Brother, it wasn't 10 seconds... it was 2 or 3 minutes.'*

It was only then that I truly realized just how close to death I had come. And also how amazing the mind is at erasing a highly traumatic experience. 10 seconds was more than enough horror to remember.

For the rest of the day and throughout the night in hospital, the moment of my electrocution was stuck on replay, 220 volts passing through my body, on repeat, again and again. They gave me pain medication which didn't even touch it. They did x-rays, blood and urine tests, the works. After 24 hours in the hospital, with all my vital signs looking fine they said I could go home. I couldn't move my right arm, or get dressed on my own, but at least I could go home.

I remember the first days at home were a weird combo of floating on air feeling super connected, and then falling into utter exhaustion. All I could really handle was meditation. I tried to watch a movie but it was too much stimulation. People came to visit, but it was exhausting even listening to them. But meditation I could do. That and little else. It made me realize - how I'd not been 'plugging in' much for a while. Not to the electric source, but to the real source. Connecting to the Divine. To God. To Goddess. Or Whatever You Wanna Name It. Da Mystery.

I realized my spiritual practice had slipped. This accident seemed a pretty major sign to get back on track, to realign. In the hospital, I remember Sarita saying - *'maybe you'll get some spiritual powers from*

this' – but after 4 days of surfing a weird meditation high, I hit a plateau, or maybe a crash landing.

I couldn't hold the energy, and with my body exhausted and still recovering, I tried to escape. I watched so many movies I lost count, attempting to entertain my mind as my body slowly recovered. After a month I was getting mobility back again. After 6 weeks I was able to work again without everything going weird and fuzzy. But after 3 months, I was still wondering:

'What the hell was the point in being electrocuted? And I didn't even get any spiritual powers for it!'

In fact, I felt like I'd lost my way and had no clue where I was going in my life. I moved to Uluwatu figuring that being by the ocean might help. I was tired of the work I was doing as a filmmaker and editor, it no longer filled me with joy as it used to. I started to drink to numb out the pain, but that only made it worse. I would binge watch Game of Thrones to try and distract myself, all the time knowing that the escape was not working. I was living in paradise, but I was stuck in my own personal hell, and I didn't know how to get out, I felt truly stuck - like the moment of the electrocution - I didn't know how to get out.

Then I moved back to Ubud, into a new house and from day one I felt like I was creating a temple, not just a home that is my personal temple space, but a temple to invite others to. It felt strange, I'd never felt like I was creating a temple before. I stopped drinking, realizing I didn't need this seeming crutch that in fact was holding me trapped in depression and disempowerment. I felt a strong call to return to the Ankh Breathwork practice, and I immersed back into it. I had a songbook I had put together - songs from around the world - and within it were some Egyptian chants to gods and goddesses. I started chanting, praying, meditating, and Ankhing. It felt good. Aligning. Dialing in. Connecting to Source once more. Feeling the heartbeat pulse of the universe.

Within the selection of Egyptian chants there was something called the 'Prayer of Awakening' - an invocation chant to Goddess Isis. Without really thinking about it, I sang the Invocation to her. Maybe it sounds naïve but I didn't expect her to show up! But as the chant

ended, and with my eyes closed, a being of light entered my space - not physically, but in my inner vision - as if she had beamed in from some other dimension. I couldn't see the detail of her face, she was simply a female form composed of radiant golden light, with wide-open wings like an angel. This was the strongest and clearest vision of my life.

She said to me. *"You called."*

That threw me. *"What do you mean I called?"*

"You chanted my invocation, so I came. It's like dialing the telephone to the divine."

"Ohh... I'm sorry... I didn't realize I was doing that."

I think she was kind of amused by that. *"Perhaps you didn't intend it consciously, but some part of you knew what you were doing."*

She explained how *she* had been the voice that came 4 years ago to teach me about the Ankh as a breath technique. She told me I had had past lives in Egypt and these were calling to me, calling me home in some way. She then offered to work with me and teach me more about the Egyptian mysteries. She showed me new ways of working with the Ankh in very precise and specific ways.

She said to me: *"The electrocution had to happen... to prepare you for this. Sometimes something strong has to happen to open the channels."*

At the end of the conversation she said: *"This is the first stage of your initiation. I invite you to come back for more teachings. But if you really want to learn, you need to make time and space for this in your life."*

It was in the run up to Christmas 2020. I didn't hesitate - I cleared my schedule. Each day after that, I would chant the Egyptian chants (known as hesi) and the invocation to Isis and I would listen for her guidance. At first, it came slowly, word by word or sentence by sentence. She showed me more ways to work with the Ankh through endless variations. I kept on practicing and deepening. Then suddenly her voice came like a dam bursting and a flood of words and teachings began to pour forth.

After four days of this she came again, alighting in my space with her wings of light. *"We can channel a book of this knowledge if you want to. This knowledge is not just for you, it's for anyone interested to learn."*

I didn't even hesitate, there and then I reached for my phone,

pulled up my audio dictation software and hit record. That first recording is Chapter 3 of this book.

Over the course of nine days, 80,000 words came through. Now I can write a lot, but never have I received that many words in such a short space of time. That too, among many other things, blew my mind.

I must say I never imagined I would write a channelled book. The few channelled texts I have resonated with over the years, I would disregard the alleged source of the information. I saw what resonated and what didn't. At times this brought powerful insights and tools to work with. It is in that spirit I encourage you to read this book.

The information is shared as directly as possible, at times through Isis's words, at other times through Ra, Mary Magdalene, and at times in my own voice. It has been brought through to share with those that wish to deepen into the Egyptian Tantric Mystery School path. It is a mystery school path in the sense that *you receive the real transmission from doing the practices* - from opening and discovering the energy practices within your own body. It is tantric in the sense that it supports you to connect with the divine feminine and masculine aspects of yourself. It also shows you how to raise life-force - Sekhem as it is called in Egypt - Kundalini as it is known in India - which can express as sexual life-force - and how to raise it and utilize it for healing.

Perhaps you are wondering - I thought I was signing up for Ankh Healing, not for tantra! In truth these are connected if you wish to see the connection between them. At the same time, within this book we will be zooming into the Ankh Healing modality and the Ankh Breathwork that supports it. These can be worked with without immersing into the more tantric dimensions, unless they call to you. They can be viewed as healing tools and technology, but you may also wish to see them as tools that can ultimately be integrated into your relationship, if you are in partnership, and if your partner is open to exploring that further. For the deepest dive on this subject, its best to check out my other book Egyptian Tantric Secrets for the full transmission!



THE KNOWLEDGE CONTAINED IN THIS BOOK IS EMBODIED KNOWLEDGE I have experienced directly and tangibly, through my own initiation process working with Isis. Some of this information - and the practices connected to it - were as new to me initially as they might now be to you. I took this information - especially the practices - and explored them deeply. I breathed with them, played with them, circulated energy solo, or with friends or partners, to see what these techniques can do. This guidance came as a great streaming, a down pouring from a source that seemed separate from me.

As Isis says:

. . .

THOUGH SEEMING SEPARATE, AT THE HIGHER LEVELS OF CONSCIOUSNESS, WE are - all of us - in truth One. When any being enters the Unity Consciousness state, then one returns back to that Oneness. So, yes, in some ways as Isis I can seem like an individuated consciousness who has teachings to share with you. At the same time, if that idea is too alienating and strange to believe in, then by all means, may you enter through the door of healthy skepticism. Disregarding the alleged source, see if the teaching itself resonates with you.

When you approach these teachings, another way to see them is as a Temple of Light you are stepping into, to receive higher wisdom from. Perhaps that is a strange idea to consider. How can a book be a Temple? But actually, these are teachings that once would have been housed and taught in the Egyptian temples. Lived, breathed and embodied by priests, priestesses and other initiates. They generated and worked with energy - they created light - through working with these practices. The *real* Temple of Light was not the building, it was the embodiment and radiance of the practices by the people contained within. They mastered them before passing them on to others.

Know that through the practices in this book, you too can create a Temple of Light that surrounds your body, that interpenetrates it. These practices raise the vibration of every human that chooses to work with them, enabling them to rise to a higher level. Thus *you become the Temple of Light*.

Ultimately, what matters is - do these practices work for you? If they do, then work with them, use them. If they do not, then find that which works even more optimally for you. From our perspective, spiritual technology is something to be practiced, explored and played with. So our invitation as the higher guidance that has invited Kiya to bring these ideas and practices into written form is to test these teachings. Test the practices and see what comes from them, because we know those that explore them - those that are ready and sensitive enough to receive of this wisdom - will grow immeasurably from working with them.

This book can be seen as a mystery school initiation, or a tantric initiation into a lineage that stretches back to a far distant past, to a time long before Christ. Though these teachings were explored during

the heights of Egyptian civilization, they trace back even earlier than that. Whilst these practices are ancient, they are also deeply needed at this time to raise the vibration of humankind upon this Earth.

It is such a testing time right now on the planet. There is great encouragement to separate, segregate, stay alone, stay within your bubbles, connect through technology. We believe what is needed - now more than ever - is the spiritual technology to raise your frequency, to commune with all that you believe in, and to enter into that larger remembrance of your Unity with the All. Even if at times you might need to be physically separate for some reason, know that on the higher planes you - we - are never separate.

This book is for you if you yearn to live from your heart, to open and expand your heart and to live with a remembrance and gratitude for whatever you may consider as greater than you. Whether you call that universal energy, whether you may give that the name of a God or a Goddess, whatsoever you believe in is welcome here with us. May all of you, including all you believe in, participate in your unique interaction with these teachings.

The word in Egyptian for a library is 'Per Ankh' which means 'House of Wisdom' or 'House of Life'. We hope this book inspires you to receive of these mystery school teachings around how to truly live, not just in a purely Earth focused reality, but to live as it was intended for you to live - open to the many planes of consciousness that you are able to access as a human. These extend far beyond just the physical realm.

The Ankh technology contained within this book can help open those doors, it grants you access. If you drink deeply of this knowledge, and if you practice – *this too is key* - you can attain a high level of mastery.

Ankling as a technique is most commonly known today as a sexual practice. But to truly enter states of union through working with the Ankh whilst in lovemaking, you need to first embody these tools and practices outside of the bedroom. Ankh Breathwork and Ankh Healing give you strong foundations - to breathe, to live and to heal in powerful, life-changing ways.

When you have done so, then you can receive fully of their gifts

inside of your bedroom temple too, through the divine revelations that are possible in the highest exaltations of tantric lovemaking. That exaltation cannot be approached immediately. It is approached after a time in which you circulate the Ankh energy, learn to rise through the different levels of consciousness it opens you to, and then gradually allow it to weave into your lovemaking.

So we invite you to see these teachings as part of a wider and more glorious whole. May they open your mind, expand your heart and bring you into remembrance of your eternal, universal connection to everything.

It is your birthright to taste these teachings.

It is your birthright to taste these teachings within your body temple, and also together with your beloved, should you be in partnership.

It is your birthright to learn these healing technologies as a blessing from the Egyptian lineage to all those with the ears to hear, and the eyes to see.

It is also your birthright to taste high union directly, through your own personal communion with the All that you believe in.

And in that merging into union with the All, whether alone or with your beloved, know that truly you are never, ever alone.

For we are all One in Love.

We are all One in Love,

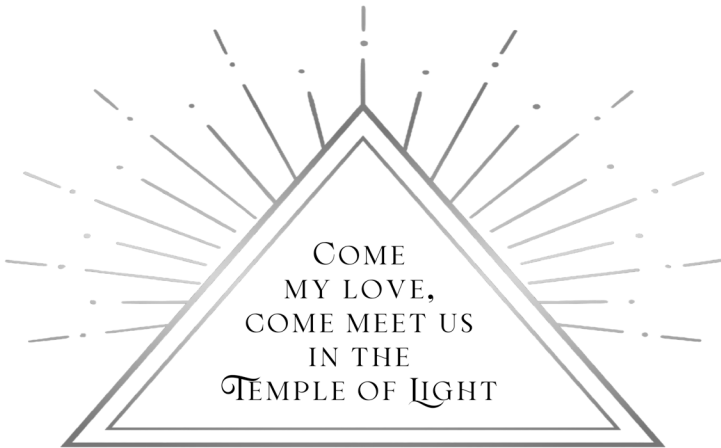
We are One in Love.

ISIS INTRODUCTION



3. ISIS INTRODUCTION

WELCOME TO THE EGYPTIAN TANTRIC
LINEAGE



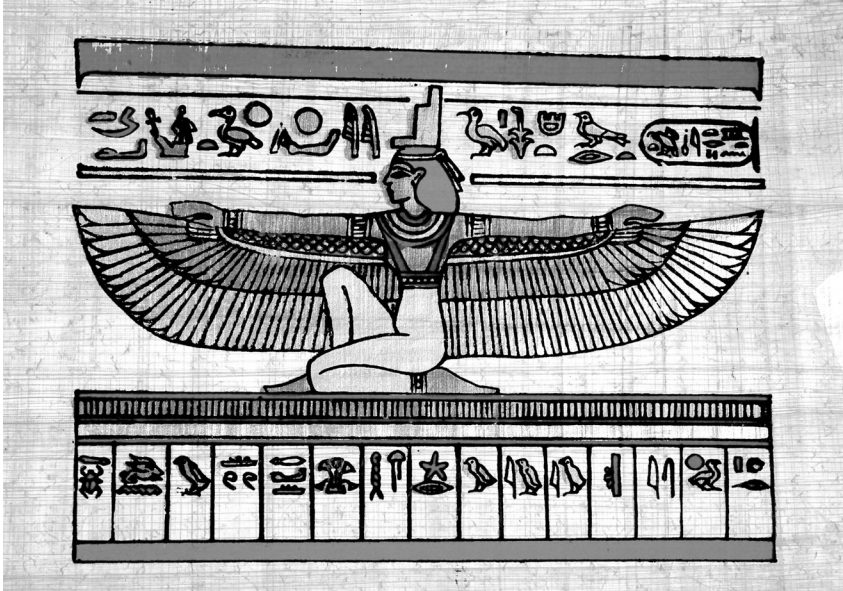
*ANCIENT EGYPTIAN:
MY SOUL IS THE GODS,
MAKING TO STAND UPON MY TANTRIC THRONE,
ARISE FOR THYSELF, O STILL HEART,*

SHINE FOR THYSELF, O STILL HEART.

BA-A PU NETERU,
SE-EH-HE TET EM TETTETU,
UBEN-K NEK, URTU-AB,
PESHT-K NEK, URTU-AB.

We would like to take this moment to introduce ourselves, because we are a number of energy frequencies that are sharing information with you through this book. You can best see us as two couplings, and each has both a masculine and a feminine form.

There is an Egyptian God and Goddess consciousness overseeing this writing - the Goddess is Isis and the God is Ra. Isis was known as Aset or Auset to the Egyptians and she is a goddess of healing and benevolent magic.



AS ISIS SHARES:

. . .

I HAVE BEEN PRESENT AND SUPPORTING THE EARTH REALM FOR MANY thousands of years, even predating the Egyptian dynasties, but I came to be most highly revered during the height of Egypt's worldly ascension. You may have seen my image depicted most commonly as a woman with outstretched wings. These wings are a symbol of my ability to move through the realms, to fly between the earthly realm and the many other planes of existence.

My mission is to support humankind in their awakening process. Today, after the fall of the once great Egypt I have spread my wings and flown far beyond those lands. Whilst I still love and revere the Egyptians, and there are still those that worship me on that sacred land, I have now come to connect with many people all around the world.

You may see me upon an altar, you may see me within a new age shop, you may see me sitting in a women's circle, you may see me in countless places. In some of those places there may not be any active worship with me. My statue may simply be a symbol that stands upon an altar but which is not given time or prayers. And that's okay, it's really okay.

Those that choose to walk with me, those that choose to bring prayers - *those that create time to share with me* - I joyously will share my gifts with you. Those are gifts of healing, and deep knowledge of how to work with magic in a way that is serving humanity.

Those that I work with are often those that want to serve, want to support other people's healing. I channel forces that are larger than me, that are of the Great Mother-Father that created the universe. I pour through their power, their wisdom, into you - so that you too can become one that receives, is purified, is awakened, and is then able to share. You too can become a channel of that divine source.

That sharing may be as simple as you shining your light within your community. Simply you going about the same life that you are already living, but with a new light that shines out of your eyes, a new joy that radiates from your heart. You become an unspoken loving blessing to the world around you.

Others may choose to become healers and work with me to refine their skills, or perhaps you already work within the healing arts. Others will use these teachings to deepen their own spiritual connection, which in turn helps their work with groups of people, as they guide others through awakening processes. So there are different levels through which you can work with me.

My divine counterpart for this wisdom transmission is not my beloved Osiris, known in Egypt as Ausar, although he of course supports this great work. Instead I am supported in these specific teachings by Ra, one of the most revered masculine deities within the Egyptian pantheon, who is strongly connected to the solar power.

AS RA SHARES:

'I AM THE SUN AND I AM OF THE SUN. I SHINE GREAT LIGHT, I ILLUMINATE darkness. I invite all humans to stand in the presence of the light, the physical sunlight. Let it warm your body, let it burn through whatsoever might need to be burnt, so that you return to the full remembrance of your solar fire glory.

I work with the phoenix fire, the transformative fire. When you invite me into your life, we journey together for fire transmutation. I welcome you to work with me, directly and physically, or through the inner phoenix of transformation.'

WHILST RA IS OF THAT SOLAR FIRE, AS ISIS I AM OF THE MOON, AND SO WE stand as two polarities. Solar masculine, lunar feminine, balancing one another in order to bring forth knowledge and wisdom for this sharing. In a wider context we are overseeing the great awakening of planet Earth, and *we are available to work with those that want to work with us.*

There is no point in us working with someone who feels obligated – coaxed by another to follow us - for there is no heart, there is no genuine passion of connection and so the relationship is stale because of it. But those that yearn for a true deepening of their spiritual path

are welcome, and those that are curious to see if this is for you, we welcome you deeply too. The very fact that you have this book is a testament to that call.

Perhaps you have been searching, seeking the keys that open you to The Great Mysteries. What we wish to offer you together, myself and Ra, are precious keys. Keys unseen by human eyes but which nevertheless unlock doors of consciousness - that open you to The Great Mystery itself.

There is a secondary coupling that will also share some insights and reflections as part of this journey. Loved by many, hated by others, they are perceived by most as being part of the Christian path. We refer of course, to Mary Magdalene and to Jesus - who we shall call by his original name - Yeshua.

Though some people continue to contest this fact, this couple indeed did walk upon the Earth. You may or may not believe it, but Mary Magdalene was part of an Egyptian mystical lineage within the Isis temples. She was not just an initiate but an advanced high priestess in her own right. She and I were so deeply connected that you could in some ways say that an aspect of myself as Isis had come into form through her so as to walk upon the Earth in order to serve in a new way, as part of that great awakening some 2000 years ago.

Whilst I continued to stand as Goddess, overlooking and supporting the many throughout Egypt and beyond, an aspect of me lived through Mary in order to understand once more, what it is to be in human form. To be within a human body is very different from being on the non-physical planes of reality. So there was actually a great learning that unfolded for both of us, through that journey.

AS MARY MAGDALENE SHARES:

'IN THAT MOMENT OF FIRST MEETING YESHUA, THERE WAS A SHARED recognition in both of us, that we were here to awaken one another to deeper and wider levels of love than either of us had ever known before, as humans or as lovers. Whilst Yeshua was already awakened and whilst I was also awak-

ened in many ways, we were able to journey and relate together in what could best be described as a tantric union.

What is a tantric union? It is a uniting of our masculine and feminine energies and a sharing, mixing and melting of those energies, greater than the capacity that we could ever have achieved as individuals. And so we served one another for a time and loved one another so deeply, that we discovered the deepest love that can ever be known as earthly beloveds on planet Earth.

We loved one another as sexual beings, but it went much further than that. There was also a soul love and a shared love of spirit that we were able to open to, and that truly showed to us the God/Goddess communion possible through two humans committed to raising themselves and one another to their highest vibrational frequency.

We healed one-another in so many ways and on so many planes, and we shared our gifts with each other so as to both become greater healers, in turn healing all who came to us. My place beside him was sadly lost to time, but it returns now in myriad ways, as the divine feminine now returns to her rightful place upon the throne.'

ISIS SHARES:

PERHAPS THIS KNOWLEDGE RESONATES WITH YOU, PERHAPS ON SOME LEVEL it stirs some truth within your being. Yet we're aware that for some of you this may sound unbelievable, this may run contrary to what you have been taught. The form that Mary was shaped into through The Bible has been a huge denigration of her true nature. That form she was twisted into was the product of an intentional subversion of the original truth.

Bear in mind that much of The Bible was written many, many years after the events and came to be edited and rewritten by the Roman Empire over hundreds of years. As the Romans spread through and conquered most of Europe they brought with them a religious teaching that was intentionally disempowering the feminine. They used it to try and cohere their entire empire, and, so they hoped, to control the wider society.

. . .

MARY SHARES:

'HOW DOES ONE BEST DISEMPOWER A VAST EMPIRE OF HUMAN BEINGS? ONE teaches people that sex is a sin. One teaches people that womankind is not a goddess but a whore. At best they may be given the role of Mother, one that is saintly, and held within rigid confines. This was not just intended to disempower women, but to disempower the feminine within all people, across many countries and lands, and sadly it was very effective.

So along the way, what was removed from the Christian teachings was the tantric relationship that Yeshua and I shared. Part of the intention of this book, is to bring back more of this knowledge that was removed from public awareness.

We realize this is controversial information, it may fly in the face of some people's beliefs, and some may even get angry at hearing this knowledge. Please know we do not intend to anger. We simply wish to share our experience of truth with you. That includes sharing about the sacred union I shared with Yeshua, and some of the practices and techniques we worked with to enable us to achieve that holy union, including the Ankh practices. Please know these are keys to your divine temple. Part of your divine birthright that we now return to you. They can also serve deeply upon your path of healing.

Yeshua and I are a presence you may feel through this book. We hope these teachings are insightful, illuminating and helpful for your path. They are shared with love from us all.'

ISIS SHARES:

PLEASE REMEMBER, YOU DO NOT NEED TO BELIEVE IN ANY OF US IN ORDER to receive this knowledge and the practices contained in this book. You could discount where this information has come from entirely and still receive of the practices. Explore them, try them out. You may find there

is something very powerful and potent in them. They are ancient and timeless, a gift for all to receive.

Perhaps you are wary of turning to Egyptian gods or goddesses you do not know. If so, you are welcome to not engage with that aspect of the teachings. The Ankh practices that make up the heart of this book can still be explored without any devotion required to any specific teacher, tradition, god or goddess. Test them as if you were testing gold, with curiosity and openness. See if they work for you. The practices are the living heart of this book. They can support anyone in a powerful awakening process, regardless of the path or tradition you might be inspired by. All are lovingly welcome to this temple. And all of you is lovingly welcome, including all that you believe in.

Of course, there are some of you on this earth now that identify as being deeply connected to The Rose Lineage, a lineage which threads through Isis, Mary Magdalene and Yeshua. For those that are, we warmly, lovingly welcome you and your dedication to the sacred path of the rose. May these teachings bless your bodies, hearts and souls. From whichever path has led you to this book, we invite you to pause on your travels through life and drink deeply of this sacred wisdom. May these teachings refresh you, nourish you, like water at a well you may have travelled many miles to reach.

As with any information you take in, please see what resonates, what calls to the truth inside of you. Keep only that which resonates, letting everything else go. Use your own discernment as you deepen into this book. See what is of greatest benefit for you, as you open to the infinite universe of the heart, the Ankh, and the Egyptian mysteries.

THE ISIS PATH OF MAGIC

PERHAPS YOU ARE WONDERING - WHAT IS MAGIC? WHEN I SAY MAGIC, what I mean is the conscious directing of energy through intention, and through *yourself and your Self (your individual self and your greater Self that is one with source)*. Know that you raising your vibration, you

raising your energy into higher states is of great service. It is service to those that you love, it is service to those that you work with, to those that you meet, to those that are part of your family or tribe - whatever form that family or tribe may take.

Today the term magic has become a dirty word, quite understandably. At times the use of magic has been directed towards personal gain, and at times even to the wielding of power over others. In my eyes as a Goddess, this is a misuse and misunderstanding of the true magic that we can work with, which is always on the level of loving service:

*In service to the earth you live on,
In service to the community you exist within,
In service to your own wellbeing
since you are an integral part of That
which seeks to return to wholeness.*

This healing journey is about discovering how to unlock the joy in your own heart, through cleansing, clearing and ultimately joyous and even ecstatic purification practices. But it is not for the isolated island benefit of your own individual self. It is for you as a being who exists and radiates love within your community, or within any circle you might move in, in real life, digital planes, or higher dimensions. Now more than ever, as you face many great challenges in the world, I wish to invite you on a healing journey deep into yourself, a journey that will guide you to awaken dormant aspects of your own healing powers.

May you use those powers to support, love and uplift all those you share your life with. This is my prayer for these teachings around the Ankh that have been almost entirely forgotten by the world. May the golden light of these teachings return. This is part of my prayer for humanity at this time:

*May you find the keys that awaken you
to ever more expansive realms of light and love,
whilst remaining anchored and rooted upon this earth*

*as holy lovers of the Great Awakening.
For now is the time to open your wings and rise.*

Let us begin with a short meditation and connection with the heart. The beginning and end of the journey for everyone, and the heart of all great teachings.

THE ETERNAL HEART - MINI-MEDITATION

- Close your eyes and bring your hands to make the silhouette of a bird - two thumbs touching, palms facing towards you. Now rest your hands upon your chest and feel their warmth.
- Breathe into your heart, as if you could fill it breath by breath with more and more love. This may take a few minutes or longer. Breath by breath, let love expand.
- You may reach a point of feeling the heart overflowing with love, if so welcome this. If not, simply keep opening to more love, breath by breath.
- Breathe and let this love expand to your entire body. Let love flood through every cell, every bone, every muscle.
- Now breathe and let love expand to fill your entire home or wherever you might be.
- Breathe and let love expand to the street or area you are in.
- Breathe and let love expand to fill your village, town or city.
- Breathe and let love expand to the county in which you are in.
- Breathe and let love expand to the whole country.
- Inhale letting love flood your body, exhale and let love expand to the whole continent.
- Inhale letting love flood your body, exhale and let love expand to the whole earth.
- Open breath by breath to vast love - vast love for all of humanity - and vast love for the earth herself.

- Now let love's breath expand even further - as if your heart could extend to the farthest reaches of the universe.
- Breathe with the universe, which *just like you* is composed of love.
- Breathe and open fully to the universe, as if there is no longer you and the universe. Let yourself become one united verse. One breathing.
- In the right time, guided by your breath, come back to your physical heart, held and warmed by your hands upon your chest.
- Notice the base of your body. Imagine sending some roots into the earth below you, helping you ground.
- Inhale rootedness, centredness, and allow yourself to land.
- In your own time, open your eyes and stretch.

EVERY SINGLE ONE OF US IS ON THE PATH OF LOVE, NO MATTER WHETHER you are a human, an angel, an ascended master, a god or a goddess. We are all on that journey of coming to love all that we perceive.

These practices can support you in opening and elevating into higher states of consciousness, and expanded states of ecstasy. Breathe in and know that you are welcome here. We offer you our deepest love. Know that we have only just begun on a life-changing journey. Welcome to the Egyptian Lineage of Light.

WELCOME TO
THE ANKH



4. WELCOME TO THE ANKH



Come, my love, and join us on a journey to explore Egyptian energy healing practices, most especially focused around the Ankh. One meaning of the word 'Ankh' is *'the breath of life.'* As Isis, I

hold great passion in bringing back awareness to the Ankh as a breath technique—in fact multiple breath techniques.

As a practice, it is a powerful way of circulating energy. It is also potent as an energy raising technique that can be integrated into healing sessions - within which either you, or you and the one receiving a healing, breathe your way through your Ankh energy pathways. Over the millennia, the Ankh as a *breathwork practice* has been largely forgotten about, or not enough emphasis has been placed upon it as we feel it deserves. The Ankh is not just a symbol to be hung around the neck and used as jewelry to beautify the body. *The Ankh is a visual representation of an energy pathway that exists in every single human.* It maps on to the physical body, but most importantly it moves energy—and thus consciousness (or consciousness and thus energy)—through an unseen life-force circuit that everyone can come to access.

Moving energy through that circuit raises consciousness from lower chakras into higher ones. It can also help you develop a high level of mastery, enabling you to move your energy through different planes and levels of awareness—in and beyond your physical body. As a result, you can open doorways to higher levels of awareness. You can open doors that connect you into the source of all energy. It can open you to libraries of wisdom—Temples of Light—that exist on higher planes of consciousness. These Temples of Light are there for you and indeed for all beings to access knowledge from.

So the Ankh is a key that can unlock a great many doors of energy mastery, insight and wisdom. It is also a master teacher in its own right—the Ankh can teach you how to circulate energy through your Ka - your energy body. It can show you how to heal yourself and others. It can also show you how you can elevate your lovemaking into a state of heart prayer and spiritual prayer. It can bring your sexual union into the divine remembrance of its intrinsic union with God-Goddess, Great Spirit or Higher Consciousness, in whatever form or name you may use for That within which we all dwell.

We invite you to see this book *as a transmission of wisdom to be embodied*, not simply intellectual information to be comprehended by the mind. You can assimilate this wisdom on the cellular level of your

being through the breath, movement and visualization practices presented in this book. You can also attune to this wisdom through your own personal, deepening relationship with the Ankh as a key—and a portal—to higher consciousness.

In your world today, one of the most well known forms of Ankh practice goes under the name 'Sexual Ankling'. Let us clarify how the Ankh practices contained in this book relate to these teachings, as explored in Drunvalo Melchizedek's 'The Ancient Secrets of the Flower of Life' (book 2). At this time in your history, his books are the most easily accessible Ankh teachings widely available. Drunvalo is strongly connected to the Egyptian God Thoth, the 'patron of scribes'—best known as the being who brought the written word into form, to preserve knowledge and wisdom so it could easily be passed on to others.

Thoth's teachings around the Ankh were from his essential nature as a masculine higher consciousness. This book as an Isis transmission is a more feminine alternative. This is not suggesting the masculine version is wrong, and this version is more effective. As with everything in the world and the universe, there are different ways to explore and experience. Through this book we are exploring a different 'way in' to Ankh practices, utilizing a more feminine approach. That does not mean it is just for women, as there is masculine and feminine inside everyone. Anyone of any gender or sexual orientation can work with these techniques and experience powerful changes in their energy and their consciousness.

Whilst there are some remnants of knowledge about Egyptian Tantra available in the world today, the vast majority has been lost over time. Forgotten by the many, or hidden by others due to their recognition that this powerful information elevates one's consciousness, and one's ability to manifest in the world. Egyptian Tantra, like other forms of Tantra alive in the world today, gifts people keys to attain states of high realization. Used in the correct way they can even lead to enlightenment.

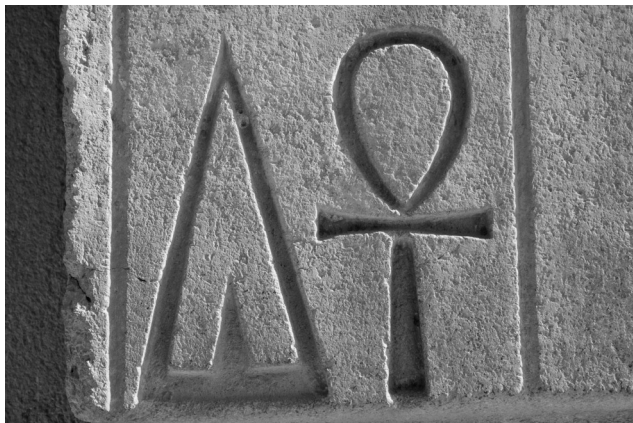
Egyptian Tantric techniques can also help any healer elevate their healing power to higher levels, as it invites an alignment between life-

force, heart and soul. Since life-force is so interwoven with sexual energy, one cannot become a full embodied healer unless one recognizes and begins to access this vast supply of energy - through tapping into sexual life-force. That is not to say it will be expressed sexually within a session, rather its power will be channeled, elevated and utilized as healing energy which is the higher expression of the sexual life-force when offered in service.

This knowledge has been kept secret through the millennia, for many reasons. For thousands of years someone coming for a healing session did not need to know about the connection to the sexual source of energy, unless they were ready to receive that deeper knowledge. Now in your 21st century the times are changing, and thus many people are called to these pathways that recognize and elevate the use of the sexual life-force for its highest potentialities.

The intention behind this book is to make this information more widely available, and to share deeper ways of working consciously with Egyptian healing practices, through a combination of breath, movement, visualization, energy circulation, healing, sound and meditation techniques.

There are also points where we will relate these teachings to Indian Tantra and the Taoist sexual teachings to support a richer understanding of these practices. In truth, all of these pathways are seeking the same goal - union with God / Goddess / All That Is. Or unity with nature and the universe. Each path is a doorway to discover where sexual energy, love and spirit meet and melt into The One.



INTRODUCTION TO THE ANKH

FOR A MOMENT, LOOK AT THE ANKH ABOVE. NOTICE HOW YOUR MIND, your body or your consciousness responds to it. Perhaps each aspect responds differently. If you choose to work with the Ankh, be aware it is a symbol of power that builds energy in your inner masculine *and* your inner feminine. It raises both of them to higher frequencies of consciousness, rising through the chakra system within the body. It also raises energy through the Ka (the energy body) which penetrates the physical body but also extends into the space around you.

The Ankh can be used to elevate energy from the more earthly, primal interests of the human being, raising it to the heart to generate, expand and express more love. It also raises energy through the chakras above the heart, in order to open to more expansive states of higher consciousness. Thus the Ankh is a powerful key that opens you into higher states of consciousness.

The Ankh practices—known as ‘Ankharas’—invite you to enter states of union through breath, movement, sound and visualisation techniques. They lead to union with All That Is, union with Great Spirit, union with Universal Life-force. We’re aware different people have different names for that which holds and encompasses you. So

whatever most aligns with your personal path—feel free to use your own words. Rewrite any words that do not resonate, and replace them with those that best work for you.

Through reading this book, you do not need to become an Egyptian mystic, anyone from any path can drink of this wisdom. These teachings will be most beneficial for those that have already explored spirituality, but this is not an essential pre-requisite. Obviously, there are many names and forms these spiritual technologies take in the world today, drawing from many lineages.

Perhaps you have explored practices such as yoga, reiki, meditation, healing, qi gong, tai chi, ecstatic dance, breathwork, channeling or tantra. Or perhaps you feel new to what is called the ‘new age’, although we would say it is in fact a return to the ancient and more enlightened age the earth once dwelt within many thousands of years ago.

If you are new to spirituality, you are welcome here. When you begin, you may be more limited in the power of experience you can access. This is simply because this work of exploring the Ankh requires a level of sensitization to your energy body that most people develop over time. Through working with the Ankh you can learn how to sensitize more and more, to allow the universal current of life-force to pour through you, as an instrument for your own healing (and at later stages for healing others as well.)

For some that sensitivity can develop quickly, for others it may take weeks, months or years to deepen into. If you are new and are wondering if this book is for you, clearly it has come to you for a reason. If energy sensitivity is new to you, it could be highly beneficial to receive a Reiki attunement or an Ankh Healing attunement directly from a teacher, which will help unlock a new level of energy awareness. Alternatively you could simply work with this book and gradually cultivate your own energy sensitivity over time. Or if you are far on your spiritual path already then just reading this book may ‘open the ways’ - the pathways to this new (yet ancient) Ankh life-force energy.

Another technique you could work with to ‘fast track’ you to feel the power and potency of these Egyptian practices is qi gong, an excel-

lent method for building awareness of energy. Some yoga can sensitize effectively, however, be aware that a lot of yoga in the world today focuses on fitness, rather than opening to states of energetic or spiritual experience. So if you were to explore yoga as a preparation ground for deepening into this work, find a teacher that works with the energy body. Ask your potential teacher directly and they will likely give you an honest answer as to whether they're working in that realm or not.

For those that have been exploring spirituality over some time, we encourage you to approach working with the Ankh as you would any other study. Yes, for some this is study, it may not be instant access to incredible experiences. And yet for others it can quickly activate a whole-body, life-changing experience, which may be experienced as a state of whole body bliss. Everyone is different. Do not be scared off by the word study, which we realize may carry negative associations for some people. See this as sacred play. Joyous energy experiments with mind, body and heart!

So let us just recognize that for some this process will be a gradual opening and awakening to energy, and for others it will be a quick immersion into these powerful practices. For some, it can feel as though you are simply being shown a new way of directing energy—through your body and your energy body. It may feel incredibly natural, because on some level you know it already. Perhaps you have known it in previous incarnations on the earth, if indeed that fits into your worldview.

Both the Ankh and the other practices that make up the heart of this book, can bring you into a state of heart opening, even heart orgasm. It can be so powerful that it can feel like energy is bursting out of the chest like fireworks. Those 'love fireworks' may radiate all around the body, around the whole of the energy field that surrounds the body, and even wider still.

You may feel these powerful states through your entire body, you may experience a raising of ecstatic energy into the upper body—it could go to the throat and be sounded, it could go to the forehead or the crown, and bring you into incredible states of bliss and union with All That Is.

This is an important part of working with these Egyptian energy

practices—to realise ‘just you’ (as a seemingly separate human) can unite with That which is God-Goddess or Higher Consciousness. You can experience the ultimate union of masculine and feminine that weaves the fabric of this entire universe together. Through these practices you can merge into higher union—and then the you dissolves.

When you reach that higher state, you realise there is no separation. You are truly That. You are truly an aspect and expression of God consciousness, Goddess consciousness, that has come into human form and yet can unite and melt back into Highest Union.

This Highest Union is what you are searching for through sexual union, whether consciously or unconsciously—that experience of uniting and melting into something greater than yourself. Perhaps some of you have touched that as a fleeting experience, and perhaps others already know the indescribable bliss of that Union-Communion. Whilst this can be shared with another, it takes you beyond self and other, lifting you in a very real way into the heart of the All that you are One with.

How do you get there?

How do you get to that incredible space?

It's actually quite simple. You can learn the Ankh techniques and practices we explore in this book to help raise your frequency and expand your energy body. Use these practices to rise from lower chakras into higher ones, to expand into the heart, opening it wide, and then onwards through the heart to the third eye - the centre of wisdom at the level of the forehead. You rise through that to the crown, and open step-by-step into eternal union with The All.

Once you have opened through all of these planes and levels of consciousness, you can direct universal life-force into and through the body for healing. After a time you can also share this Ankh Healing with other people.

THE KEY TO IMMORTALITY

. . .

IN EGYPT WE SAY THAT THE ANKH IS THE MASTER KEY THAT OPENS ALL THE doors. It is the key that leads to immortality. To clarify what we mean by that—it is unlikely you will become immortal in this physical body. You will instead rediscover the truth of yourself as a soul that is not bound by body and thus is already immortal. You discover this not as concept, but as lived experience. This is where the Ankh can take you—into that lived experience of soul communion.

This book is an initiation that will guide you on that journey. You can use it as the ultimate preparation for living fully and totally—and also for dying with awareness of the realms beyond. It will prepare you perfectly for death because by the time you reach your final breath, you will know without doubt that there is something awaiting you beyond. Then, carried by your final breath, the soul will exit the body as it goes forth on the next stage of its evolutionary adventure.

It is no coincidence I came to marry Osiris, the guardian of the realm of the dead. Who else would become my partner, but he who is the beautiful polarity of my life-giving essence? As Isis, I fully celebrate life, revere all of humankind, including human passion, human love and sexual awakening. This also includes the glory of birth—new life—as another portal to living and awakening totally. After all, I too once walked the earth as a human so long ago now. I lived, I loved, and I gave birth.

I also reached a point of yearning for something more, something higher, something beyond the everyday humanness I came to know only too well. I looked to the gods and yearned to be like them. And so I sought out and learned the practices and pathways that led me to the highest of unions and transformations. I walked the path from human woman to goddess, as you can too, as every human can. Even if this is not attained in this life, the journey of awakening becomes in the end the only journey to take, to open fully to all the planes and dimensions of life's majesty, life's mystery.

*In Egypt we say:
'Nehes, nehesh, nehesh,'
which means 'Awake, awake, awake.'
Ankh means 'The Breath of Life',*

It also means 'The Wisdom of Life'.

Nehes Ankh.

*It is time to Awaken to the Breath of Life,
as humankind's ancient ancestors once did,
so as to live fully once again.*

Nehes Ankh,

Nehes Ankh,

Nehes Ankh.

Awake life,

Awake breath,

Awake wisdom.

I invite you every day to rise into ever more glorious heights—of living life *deeply and powerfully through the breath*. To open to its most expansive possibilities. How can you live more fully? Through inviting the Ankh into your life, using the sacred tools of breath, movement, sound and visualisation. Through them we embrace life fully, consciously and expansively.

This is an exciting moment, a grand opportunity to venture forth, alone or with a partner or friend. Alone is perceived as negative in many of your cultures. But look at the word again, to glean the origin of the word... al-one, all one, all One. You are perfectly primed as a seemingly singular being to experience the Oneness of the All.

If you are in partnership, then both of you as seemingly singular consciousnesses are on your journey of union with one another and with All That Is. How beautiful indeed to share this Ankh awakening journey together with another—with delight and sacred play. With sexual fire twinned with love, with love uniting with holy highest union. And part of this journey is also about your personal union with the all - your direct hotline to the divine!

May this right now be a glorious opportunity for awakening! In this moment, before we begin any of the practices, we invite you to bring awareness into your breath.

*For a moment just watch the rise
and the fall of your breath.*

*See how each in-breath is the breath of life.
And how each out-breath is a let go and a release
of that which is no longer needed.
In breath - Ankh - the breath of life.
Out-breath - a little death.*

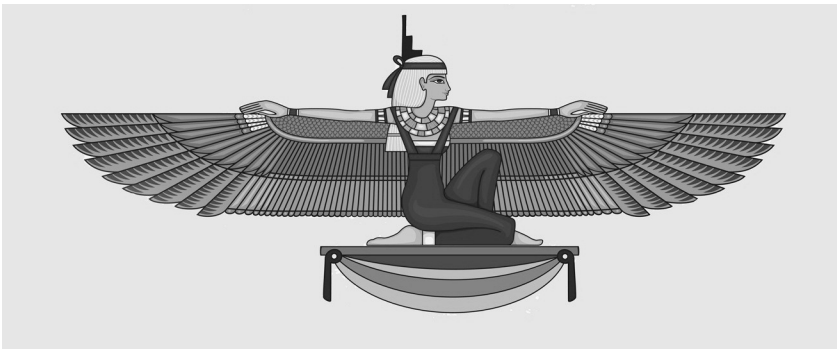
This is one way in which you can see that breath - as life and death bound within every inspiration. But it is not the only way of seeing it, because we can also breathe and direct life through the out breath in a way that generates a rising energetic fire in the body. As we move shortly into the next practice, we will talk about that further. Right now we are just planting the seed of an idea:

Your breath is your fire.

Thus we can use it for activation and expansion in powerful ways indeed.

OPEN YOUR WINGS - INTRODUCTORY PRACTICE

WHEN YOU SEE IMAGES OF ME, I OFTEN HAVE OPEN WINGS. I HOLD MY arms almost like Yeshua upon the cross, arms wide open and extended to the sides.



Let us try a very simple introductory practice, which involves holding the arms out in this way - *come open your wings with me!* If you cannot because you are out in public, then follow with the breath guidance, and *imagine* yourself opening your arms. Try it physically once you are in a supportive, private space. There is a transmission in this posture - it invites a physical opening of the heart. See it as a sacred pose that holds a beautiful unlocking, for indeed it does.

- Sit on a chair or yoga mat, whatever is comfortable. Make sure you have space either side for your arms to open. Then close your eyes.
- Rest your hands onto your chest - thumbs touching, palms facing the chest - as we did with the practice in Chapter 3.
- Breathe deep into your belly and raise the breath into your heart. Hold this full inhale for some moments, and then let the breath go.
- On your next in-breath, fill from belly to heart and as you do so - *open your arms either side of you* - and hold them there, creating more space for breath to enter.
- Fill your lungs completely and hold the breath some moments without straining or forcing. Notice how it feels - is your belly and chest tight or expansive? Just notice and welcome anything that is there.
- Whenever you need to, exhale and bring your palms back to rest on your heart again. *Wings closed and protecting your precious heart.*
- For a moment, think of all the love you have ever felt or shared with anyone.
- On your next breath in, open your arms either side, breathing in that vastness of love.
- At full inhale, hold your breath as though you could saturate yourself with love.
- When you breathe out bring your palms back to rest upon your heart. Imagine you are breathing love to all those you feel a heart connection to.

- Perhaps that feels very easy or perhaps it feels challenging. Just breathe and welcome whatever is there.
- Keep going - breathing in, opening your wings to love.
- Breathing out, closing your wings and *sending love's breath* to those you love.
- Continue for as long as this feels good.
- When you feel complete, bring your hands to rest upon your chest, feeling the warmth of your hands upon your heart temple.
- To finish, rest your hands in your lap and visualize roots growing down into the ground. Breathe and connect to the earth.

THIS IS A JOURNEY INTO LOVE

ON THIS JOURNEY WE ARE SHARING TOGETHER, OVER AND ABOVE ANYTHING else, we journey into a space of love, a level of expansive love you may not have touched before in this life.

Please know that we are right here loving you, supporting you from the other planes in this very moment. As Isis, I am here as a loving support whenever you might need me, so too is Mary Magdalene, Yeshua, and Ra. You can orient your consciousness towards any of us for support.

If our names and presences do not resonate with you, then orient towards that which *you* believe in. No matter how specific or how abstract that form or being may take. *Please know that your personal spiritual path is welcome right here, within these teachings.*

If we can share and impart anything to you, regardless of your faith, regardless of the spiritual or everyday path you may walk, please know it is our honor to sit with you, to share with you, to break bread with you, and meet as equals for a time.

For some, we may be passing visitors. For others we may be visitors you come to love or simply enjoy the company of. You may wish

to keep inviting us back, to sit with you at your table, to share with you.

We are ready for every possibility, unattached to outcome. We need nothing from you, but we are ready and truly love to serve you and share with you, if you are open to this. This service is one of our greatest joys.

We give gratitude and thanks to you for taking the time for this journey together, for this initiation into Ankh Healing. We hope these teachings resonate to the depths of your heart and soul in the same way they do for us.

May you receive the blessing of these Ankh keys—know they are your birthright to receive, they have always been your birthright, and always shall they be. Now once again, they are returned to you for your remembrance.

WITH OUR ETERNAL LOVE, ALWAYS AND FOREVER,

Isis & Ra

Mary & Yeshua



It is time for the Ankh as a breathwork tool to be shared once again.



ANKH
BODY MAP

5. ANKH BODY MAP

DISCOVER THE ANKH ENERGY PATHWAY



We are excited to now share with you the master key that we will use extensively through our journey together. Whilst there are many different techniques and variations for working with the Ankh, what you will learn in this chapter is the foundation stone -

all the essential information you need to start working deeply with the Ankh.

How we would like to begin is by finding a way for you to embody the Ankh through body postures. That way you can begin to *feel* the Ankh and how it is housed, in a sense *anchored* into the physical body and the energy body.

In the following chapters we will work with body movements and postures, that will support the flow of energy through the Ankh channels. We will also introduce a specific Ankh Breathwork technique which helps amplify energy in the body. It also helps direct that energy, supporting your awareness to consciously move through the body, tied to the breath.

Visualization is the extra secret key that helps magnify the power of these practices. When the symbol is mapped onto the body, it is both inside the body as well as extending into the energy body. But firstly let us focus on the inner bodily workings of it.

There will be moments in later chapters where you will explore yoga-like movements, where the hands and arms will be moving around the body, but actually what we're most interested in is the *movement of energy inside the body*. As we go further into the Ankh practices we will let go of these movements and focus on moving energy through breath and visualization.

At later stages you can move the energy purely with intention or visualization. The breath is the most ideal place to start as it is much like fuel - it gives power and strength to the practice – it magnifies your experience. This is why Ankh Breathwork is such an essential aspect of the Ankh practices. It is also a focusing tool - something the mind can consciously change in terms of rhythm, to have an impact on your access to energy, to life-force.

Firstly, let us map the Ankh upon the body, so you can see it as a circuit of energy. It is simplest just to show you, then we will talk about it further.

Notice in the image below how the bottom of the Ankh passes through the base of the body, and roots down into the earth. We refer to this lower part of the Ankh as the Ankh pillar at times. This pillar is

your grounding cord – important as it ensures you stay connected throughout your journey of expanding into higher states.



As you see, when we rise to the level of the heart, we have the two wings of the cross extending out either side of the body - not just to the limits of the physical body, but into the energy field that surrounds the body. This 'T' shape is known in Egyptian as the 'tau cross'. At times we will invite you to 'open your wings' either with breath, with movement of the arms, or with visualization.

The Ankh loop is shaped like an inverted tear, which begins at the centre of the chest - at the heart. As you can see, it extends up through the shoulder blades and over the crown. The top of the loop is higher than the physical crown of the head. This loop is known as the 'shen ring'.

Let us for a moment just feel these postures one by one – by bringing the body into shapes that emulate the Ankh wings and the Ankh loop. You could do this practice sitting or standing, it is up to you. Make sure you have space for your arms to extend either side of you and also above you.

. . .

THE ANKH WINGS

- Let us trace the path of the 'tau cross' - the T shape firstly. Begin by bringing your palms together at the heart, palm to palm. Then drop these palms down to the earth, so the tips of the fingers touch the ground, just in front of your sex centre. This is the base of your Ankh.
- On your inhale raise the breath from belly to heart and let us open our arms (our wings) out to the sides, palms facing ahead of you.
- Hold this pose as you keep breathing deeply for a short time, a minute or two, or even longer. Notice how the posture opens the chest area, allowing more breath to enter.
- Breathe in as though you could extend the breath through the chest, along the arms and into the hands. See your hands as an extension of your heart, through which you give and receive love. Allow them to be filled with love from your heart.

THE ANKH LOOP

- Now let us form the Ankh loop - raise your arms above your head, palms overlapping and facing down towards the crown, creating the shape of the shen ring. Know that the Ankh loop is not just a shape made by the arms, even more importantly *this is a circuit of energy*.
- For a moment inhale and visualize your breath filling all the way from the base of the Ankh to the top of the loop above your crown.
- Hold the breath at the very top for a moment or longer, noticing how the held breath invites energy to rise. Don't strain to hold the breath, when you let go let your arms drop back down to your lap again.
- You might want to repeat all these steps a few more times, breathing and opening the wings, arms out to the sides, then creating the loop and breathing from root to the top of the

loop. This will help the body to start feeling the Ankh circuit of the body.

- **TURN THE LOOP.** For a moment imagine turning the loop through 90 degrees, so rather than it emerging out of the shoulders, it comes out the back of your heart, over the crown of your head, and re-enters the body through the front of your heart. We shall call this the 'heart loop' since it comes out the back of the heart. In the next exercise we will start circulating breath through this heart loop, as shown in the image:

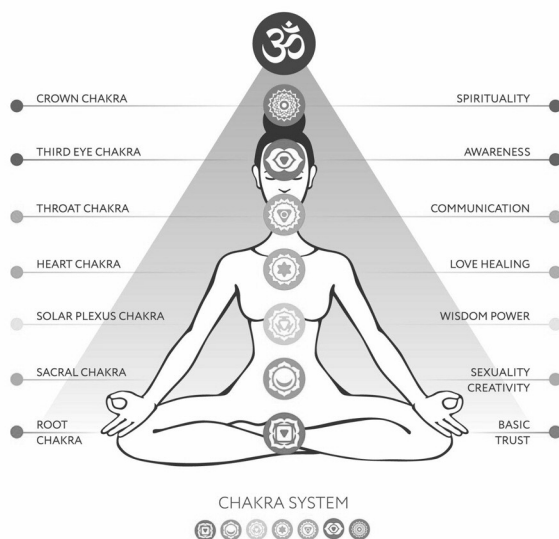


This shows the Ankh loop when we turn it through 90 degrees, and the direction of energy flow out the back of the heart, over the crown and back into the front of the heart.

As we go deeper into the practices we will continue raising and circulating energy through the Ankh – lifting it through the Ankh wings and the Ankh loops. There are ways to circulate through either of the two loop pathways as a standalone practice. Each one creates a slightly different effect and has its own particular benefits, which we'll explore in more depth later. For now we just want you to get comfortable with the idea of a malleable loop so that the Ankh transforms

from a 2D energy circuit into a 3D one. In doing so we open a new energy pathway that makes things a lot more interesting!

As you're aware, the physical heart is a little to the left of your body, but when we talk about the centre of the heart in these practices, we're talking about the heart chakra which is an energy centre situated in the physical centre of the chest, behind the breastbone. If you are unfamiliar with the chakras take a look at the following image:



As we will go on to discuss later, the second and third chakras are not quite depicted in the correct positions in this image – it has been simplified because the first, second and third chakras are actually quite close together. But this gives a good introductory sense of the chakras and the primary focus of each one. We will explore this in more detail later.

When you move into Ankh Breathwork, you will draw energy upwards through what the Taoists call the 'central channel' of the body. How do you know where your central channel is? If you were to place a finger upon the very crown of your head, right in the middle,

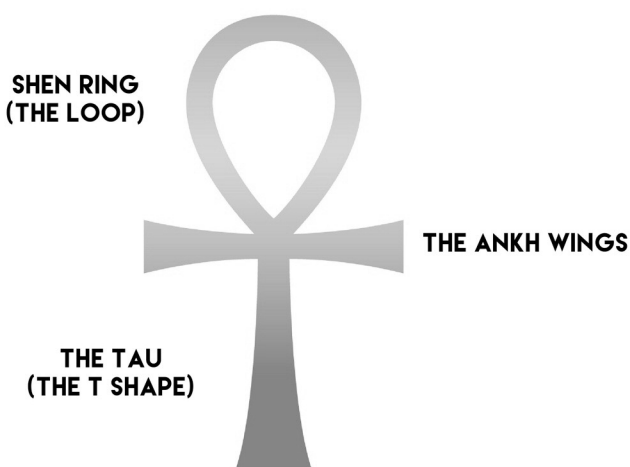
and then if you could drop a golden thread all the way down to the base of the body – to the perineum point between your genitals and anus - that is the central channel. There are variations in which you can draw energy up the spine, but for most of the practices we will focus on drawing energy up through the central channel, which in Egypt we call the ‘Djed’ - the D is silent, so really you would pronounce it phonetically as ‘jed’. An easy way to remember is to think of the Jedi from Star Wars. In the same way the Jedi are using ‘the force’ - the life-force drawn from all that surrounds them - we too are using the force, but in a way that is fully harmonious with the world around us. No fighting required! Through all these practices we are sourcing energy from the wider world and working with it, playing with it and cultivating it in a way that is beneficial to us, to the earth and to the cosmos.

FILLING THE ANKH - THE 3-PART BREATH

LET US JUST DO A LITTLE WARM-UP BREATH PRACTICE TO FAMILIARIZE YOUR body with the Ankh a little more. In this practice, let us see the Ankh as three individual parts:

1. The Ankh Pillar: the vertical line from the base of the body to the heart.
2. The Ankh Wings: the horizontal arms that expand out either side of you.
3. The Ankh Loop: which will emerge out of the left and right sides of the heart, pass through the shoulders, and go over the crown of the head.

In this simple practice, let us fill the breath from the base of the body upwards, in three parts, three stages. With the first half of your breath you breathe up to the heart, with the second half you fill through the Ankh wings, then you do a final top up of this breath (there is always a bit more breath you can access to move through the loop!).



THE 3-PART ANKH BREATH

1. DROP YOUR AWARENESS DOWN TO THE BASE OF YOUR BODY, FEELING your connection to the ground.
2. Using the first half of your breath, fill from the base of the Ankh. Breathe into your belly and let the inhale - and your awareness - rise up to your chest.
3. Using the second half of your breath fill through your Ankh wings - expanding outwards through your chest area.
4. Fill the loop - with the last little bit of breath, inhale as though you could fill the breath through the loop to the top of the head. Then hold the breath for as long as feels comfortable.
5. Exhale and let the Ankh empty from top to bottom, bringing your awareness to your sitting bones and your connection to the earth.
6. Keep breathing in this way for 5 minutes, filling in 3 parts the belly/chest and head, until it feels natural to experience the breath in 3 distinct yet flowing interconnected parts.
7. Now visualize the loop turned 90 degrees - so it comes out the back of your heart, over your crown, and into the front of your heart.

This pathway is the one we will be more focused on as we go further into these practices.

8. Continue breathing in the same way, filling belly to chest, filling the wings, but now inviting the inhaling breath to exit through the back of the heart, loop above the head and return back to the heart.

9. On the out breath exhale from the heart back to the root of the body, where we repeat again.

10. Inhaling root to heart, opening the wings, inhaling through the back of the heart, loop over the crown and back into the heart, then exhale from heart to root.

11. After 5 minutes drop the focus on the 3 parts and make it 1 singular expanding breath filling from the base of the Ankh all the way through the loop and back to the earth again.

12. Ground to complete by visualizing roots growing down into the earth. Inhale rootedness and groundedness.

YOU MIGHT NEED TO PLAY WITH THIS A LITTLE UNTIL IT FEELS NATURAL. The first two breaths will likely feel bigger than the last. The third part of the breath can be like the extra 'top up' breath. Even when the chest feels quite full, there is a little extra space at the very top of the breath you can use to reach the crown. It may even feel as if it is above the physical crown of the body. Or perhaps for you each of the three parts feels equal in terms of the breath.

In truth the percentages of breath do not matter, what matters is that you are following the movement of energy as it rises through the circuit. This is the key.

Notice how you feel at the start, and how you feel after doing this simple Ankh practice for 10 minutes.



NOW, LET US START MOVING MORE ENERGY THROUGH YOUR ANKH pathways. In the next chapter we will explore this with a breath and movement practice, which is familiarizing your body even more with the energy circuitry of the Ankh.

Before we do that, let us use our words to set an intention. As we have touched on already - your words are your power. They call things into being. If it feels good to you, state the following words aloud or silently within your mind. In doing so you are forming a powerful intention, an instruction and invitation - to mind, body, heart and spirit - to deepen into this process of Ankh initiation:

*"I open to the Ankh energy pathways.
Breath by breath may I deepen
my connection with them.
I open to the wisdom of the Ankh,
through all planes of consciousness.
May the Ankh guide and support me,
so I may love and serve myself, my community
and this earth even more fully."*

Know that your bodymind is truly wise and knows and understands this Ankh form. You may have had past lives working with this energy circuitry, and on some level in your being, either in the DNA that you carry or on the higher planes of your consciousness, there is a knowing that this is a symbol of great energy and power.

Know that the Ankh carries great wisdom to help unlock many doors of consciousness. We would love to support you to open those doors through movement and breath. So if you are ready to start let us move on to the next chapter and begin the practice of Ankh Yoga.

ANKH YOGA



6. ANKH YOGA

BREATH TIED TO MOVEMENT



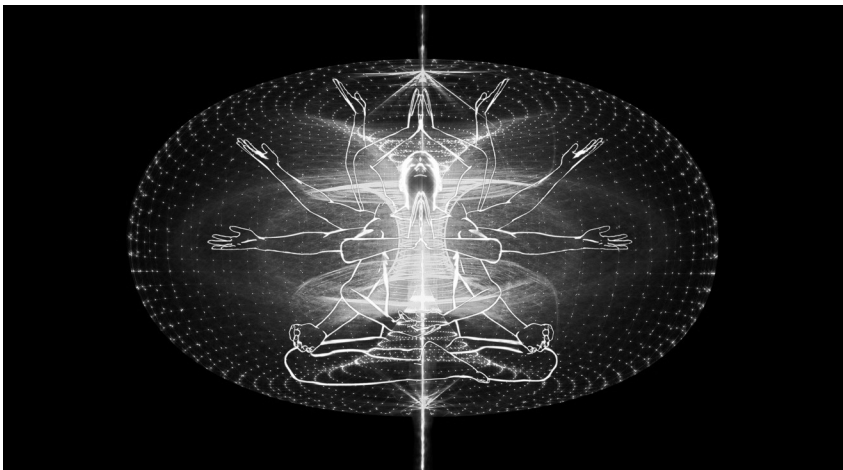
Now we have mapped the Ankh energy circuit onto the body through the three dimensions, we're ready to start exploring it as a yoga movement, a short yet powerful embodiment sequence. You could see this as similar to the Sun Salutation popularized by Yoga - in

the sense that just this single flow sequence in and of its own right is incredibly powerful. Repeated over and over it unlocks doorways, dimensions, and energies in and beyond the body. It is a seated practice and is not as physically demanding as the Sun Salutation. The focus is more upon energy flow and circulation, so as much as it is a physical movement, it is even more importantly *a raising of energy through breath and movement*. You can activate your Ka energy body very powerfully through this form.

We will do a number of movements and postures, holding aspects of the Ankh shape with the physical body. Through this movement we are teaching the body - *this shape is in you* – and it can be created through body postures, movement and breath. We are reminding the body of the energy circuit that on some level you already know. This is simply the remembrance of it. This is a type of yoga flow you could practice every day.

Whenever you may do any spiritual practice, in whatever form that might be, you could incorporate Ankh breath and movement as part of your practice, or you could build your entire practice around this foundational sequence flow.

DRAWING THE LIGHT SPHERE



Before we go into the Ankh, let us first create our Light Sphere. Creating a sphere of energy around you is a beautiful way to create a field of protection. It can also be away of creating your temple space. It is also a potent way to charge yourself with energy. You may want to close your eyes to focus on feeling the energy more, it is up to you.

- Start with your palms in prayer posture at the heart.
- Bring them down (palms together still), and let your fingertips touch the ground in front of your sex centre, connecting to the earth.
- Keeping your hands in prayer position, inhale and raise them above your crown as high as you can with your fingers pointed up towards the heavens. As you do this imagine you are raising earth energy to the sky. Hold the breath for a moment.
- Exhale and separate your arms out. Bring them slowly down either side of you, as if drawing a circle with your hands. When your hands touch the floor, imagine the circle completing underneath you.
- Bring your hands back in front of your sex centre again, palms together, fingertips touching the ground.
- Repeat this movement a number of times. Each time you hold your palms above your crown, visualize the body being charged with golden light. Notice energy in and around your body.
- As you drop your arms either side, creating a circle, imagine you are blessing your whole body and energy field with this golden light.
- Notice what this heavenly energy feels like in your body. You may notice fine vibrations, tingling, warmth, or rapid eye movement behind your closed eyelids. Or perhaps you don't yet feel it, in which case just trust it will come the more you practice.
- Now let us transform that circle into a 3D sphere that surrounds your whole body. Inhale and raise your arms above the crown again, as high as possible.

- On the exhale, twist your torso to the left, so when your arms open they trace the back and the front of the sphere.
- Return to centre position again, facing forwards, palms together touching the ground in front of you.
- Inhale as you raise your arms above the crown again, as high as possible. On the exhale, twist your torso to the right, tracing the back and the front of the sphere again.
- Repeat this a few times or as many as you wish if it feels good!
- *Always ensure the breath is tied to the movement.* Inhale, raising energy up, charging the body, exhale, allowing energy to drop back down, blessing your body and the space around you.
- Let go of the movement, close your eyes and visualize the sphere of golden light that now surrounds you.
- Breathe to energize your sphere more. Let each breath - in and out - charge up this Light Sphere that surrounds you, energizing you as well.
- As you do this, know you are powerfully activating your energy field.
- To complete, ground your energy. Visualize some roots growing down from your body into the earth, and inhale groundedness and centredness.

The energy field around your body exists, indeed science can measure the electromagnetic field within and around the physical body. Anyone that sensitizes themselves can begin to feel the energy body - which in Egypt we call the Ka. The energy sphere that we have just created around the body is a shaping of the Ka energy body. The Ka is shaped by intention and can assume many forms and sizes.

When you stand your Ka energy sphere expands to surround the whole body, it is very malleable. The Ka is both within and around the body, protecting it, energizing it, unseen and yet felt. If you cannot feel it yet, then just keep working with these practices. Give it time, make sure the movement and breath are tied together, and you will begin to feel it.

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THE ANKH MOVEMENT FORM

NOW LET US MOVE ON TO THE MAIN ANKH MOVEMENT FORM. PLEASE NOTE this is a step-by-step walk through, but it might be easier to learn this from videos available which you can receive by joining our mailing list at mystikaschool.com. When you join we will send you a 7 part mini course, and videos 6 and 7 are the guided Ankh practice.

Be aware, this is an energy circulation practice in which we are using the hands to move and direct energy - as well as the breath. Some of the time the hands are not exactly correlated to where the energy is in the body – they can only get as close as physically possible. See the hands as part of what is helping to focus your attention and thus your energy. *Energy flows where attention goes.*

In a moment we will go through this movement step by step. Firstly we want to emphasize a few key aspects. As part of this flow you will open your Isis wings, inhaling at the same time. When you reach the fullness of your in-breath, you hold the arms wide open in this Isis-like posture and you also hold your breath. This gives extra energy to the body, creating more openness and space, reminding you of the heart that expands beyond the physical body, and into the energy field around you.

You will also raise energy to the heavens, holding your arms extended into the space above you (not the closed Ankh loop as we did before). You hold your posture and breath for as long as feels comfortable - before then gathering and guiding the energy back down. When it comes down, you will focus on pouring it through the crown of the head. Your hands will trace in front of the body, but *your awareness is inside the body, moving through the central channel.*

Let us walk through these steps twice, firstly in fine detail, then in a more simplified form so the mind can allow this new information to be deeply received...

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ANKH YOGA STEPS (IN DETAIL)

1. BEGIN AT THE HEART

Bring your palms into prayer position at the heart. Inhale to fill your belly and raise the breath up into your chest. Take a few deep breaths like this.

2. CONNECT TO EARTH

Exhale and drop your palms - still together - fingers pointing down to touch the ground just in front of your sex centre. Connect to the earth.

3. EARTH TO HEART

Inhale and raise your hands towards your heart, drawing up energy from earth to heart using the first half of your breath.

4. OPEN YOUR WINGS

With the second half of your breath open your arms out wide to the sides, as if they were two wings.

5. HOLDING THE OPEN HEART

Hold your arms open along with your breath at full inhale, for whatever time feels comfortable. Feel the openness of your chest and the spaciousness of your heart field. Do not strain your breath, let it go whenever you need to.

6. GATHER TO THE HEART

Exhale as you 'close your wings' bringing your palms towards one another, gathering this heart energy inwards, condensing it into an energy ball in front of your chest.

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7. MERGE WITH THE HEART

Guide this energy ball into your heart. Then shift awareness to the back of the heart / back of the body. Bring one hand and reach over your shoulder to lightly touch the back of the heart (if this is physically comfortable). Or just get as close as you can.

8. SHOOT THROUGH THE LOOP

Now take a breath, and using the word 'shu' - shoot the energy with your breath - out the back of your heart, over your crown and into the front of your heart. Trace this loop with your hand rising quickly above your crown and looping back to the front of the heart. As the energy approaches your heart it may slow down before it enters. At other times it can feel as though it goes very quickly into the front.

9. RAISE HEART TO THE HEAVENS & GIVE

Inhale as you raise your arms above you, as if you could lift this heart energy up towards the sky. At full inhale hold your breath with arms extended to the heavens. Offer this energy as a gift to the universe (or to anything you believe in).



10. RECEIVE

Still holding that posture - now receive back from all that you believe in. Breathe normally and just receive deeply. Take a final deep in-breath, receiving fully.

11. GATHER THE BLESSINGS

On the exhale bring your palms together as if gathering this universal energy, condensing it into an energy ball above your head, then into a line of golden light (palms together). Visualize pouring this energy straight down through the crown of your head.

12. GUIDE DOWN

Still exhaling bring your palms from the crown and trace the energy

down the front of your body, until we return our palms, fingers pointed down, touching the ground at the level of the sex. *NOTE: As we guide energy down our focus is inside the body, moving through the central channel.*

13. REPEAT

Repeat steps 2-12 as many times as you wish to feel the energy flow even more. The more circulations you do the more energy will build.

14. ANCHOR

When you feel complete with the energy circulations, take a moment to anchor your consciousness back into the base of your body, fingers touching the ground in front of your sex centre. Take a few belly breaths to ground more.

15. GROUNDING MEDITATION

Complete by doing a grounding meditation, sending roots down into the earth and pouring any excess energies into the earth as a gift (later in this chapter we offer a detailed grounding meditation)

***NOTE:** THERE IS A DETAILED GROUNDING MEDITATION LATER IN THIS chapter for those that want guidance for this final step.*

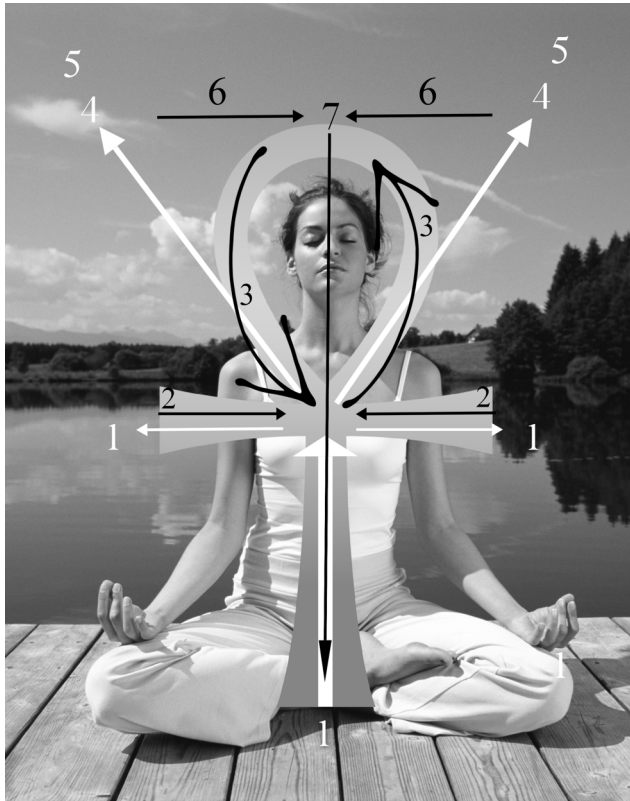
THINGS TO CONSIDER

FIRSTLY, BE AWARE OF THE BREATH HOLD WHEN OUR ARMS ARE OPEN LIKE wings at the level of the heart, and the optional breath hold when we hold the arms above our crown. There is a particular symmetry to this, in a number of different ways. Earth-Heart, Crown-Heaven.

We start from the earth and we return to the earth, again, another

aspect of balancing. We move through the masculine and the feminine, expanding through both, condensing both, and returning all of that back to the body, and then to the earth. This practice is extremely balancing on many levels of consciousness, so just notice and observe the harmonizing effects as you deepen into the practice.

We encourage you to practice this until it feels like a natural, fluid movement. *Let the breath be tied to the movement and in beautiful harmony with it.* Let the breath and movement unite into one.



To get a better idea visually of this movement, take a look at this image, and refer to the numbers below to understand each stage.

Let's try that again, but now we're going to do it as a single fluid movement. We'll also simplify the detail of what we're doing, because

it's more important to focus on the flow of energy and the uniting of the breath with the movement.

The more united the breath is with the movement, the more energy you will generate. We will continue from where we left off, with fingers touching the ground.

NOTE: *IF THESE WRITTEN STEPS FEEL LIKE TOO MUCH TO REMEMBER, WATCH videos 6 and 7 from the free mini course and just follow along. It will probably feel much easier!*

IMPORTANT: BEFORE YOU START, SIT ON A YOGA MAT/CUSHION, ON A chair or bed, whichever is comfortable. Ensure you have a straight spine and open posture.

ANKH YOGA FLOW: STEP-BY-STEP

1. BEGIN AT THE HEART

Begin with palms in prayer position at the heart. Inhale to fill your belly and raise the breath up into your chest.

2. CONNECT TO EARTH

Exhale and drop your palms - fingers pointing down to touch the ground just in front of your sex centre. Connect to the earth.

3. EARTH TO HEART - OPEN YOUR WINGS

On your inhale raise your palms to your heart, and open your arms to the sides, wings open, heart open. Hold the breath and feel the expansion of love.

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4. GATHER TO THE HEART

Exhale and you bring your palms towards each other, condensing an energy ball in towards the heart.

5. SEND THROUGH THE LOOP

Bringing one hand over the shoulder to touch the back of your heart (or as near as possible). Take a breath, and shoot the energy with the sound SHU out the back of your heart, over the crown of your head, and into the front of your heart.

6. RAISE TO THE SKY

Inhale raising this heart energy to the heavens, as you raise your arms to the sky above you, arms open wide. At full inhale hold the breath and the posture. Offer this energy as a gift to that which you believe in.

7. RECEIVE BLESSINGS

Hold your posture. If you need to breathe normally, or just hold the breath as you receive back any blessings that may return to you from above.

8. GATHER FROM THE HEAVENS

Now bring your palms towards one another, gathering an energy ball above your head, and condensing it into a line of golden light, palms touching above the crown.

9. RETURN TO EARTH

Exhale guiding that golden energy down through the crown, and through the central channel of the body, tracing with your hands in front of the body, back to the earth, just in front of your sex centre.

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10. KEEP CIRCULATING!

Repeat steps 3-9 for as long as it feels good. It's even easier with the video guidance if this seems complicated!

11. ANCHOR

After circulating take a few belly breaths to ground. Imagine extending the lower part of the Ankh down into the earth, and visualize roots growing out of it, into the soil and rock. On your exhale give back any excess energy you may have to the earth (the earth loves this energy!). On your inhale draw in earth energy until you feel fully grounded. **Note:** See below for a more complete grounding meditation.

10. COMPLETE

Raise your roots back up through the earth to meet the Ankh, raise the Ankh back up through the rock and soil, through any floors beneath you, until you anchor the Ankh back into the body. Take a few breaths and have a gentle stretch, open the eyes, and when you feel ready transition out of the practice.

FULL GROUNDING MEDITATION STEPS

SINCE THIS PRACTICE CAN BE VERY ACTIVATING, IT IS GOOD TO DO A grounding meditation to complete. Within this grounding practice we send an anchoring cord down using the lower point of the Ankh. We visualize it extending into the earth to anchor you fully.

- Connect to the base of your body – your perineum and sitting bones. Send the Ankh root down from your perineum, through however many floors are below you, until it touches the physical earth.
- Let the Ankh burrow down through rock and soil, and imagine tree roots growing outwards from it into the earth.

- Breathe out any excess energies, offering them as a gift to the earth.
- Breathe in earth energies. Grounding. Rooting. Centering.
- Keep breathing until any excess energies have been released to the earth, this could be a few minutes or longer. Ensure you feel earthed and rooted.
- When you feel complete visualize your roots rising back up, bringing more earth energy with them, and draw your Ankh root back into your body.
- Open your eyes. Have a stretch. Welcome home!

REPEAT THIS PRACTICE UNTIL IT BECOMES NATURAL

TRY THIS ANKH MOVEMENT PRACTICE A NUMBER OF TIMES OVER A NUMBER of days in order to start feeling the benefits which build over time. You may find it stirs a lot of energy, you may find it grounds you strongly, or connects you powerfully to your heart, or to the heavens. Or to all of the above!

When you begin, repeat this movement for 3, 6, 9 circulations. If you feel you're getting lightheaded at any point or there is too much energy in your system, then pause and ground, and visualize sending roots back down into the earth.

GROUNDING PRACTICE FOR SENSITIVE PEOPLE

IF YOU ARE ESPECIALLY SENSITIVE, YOU MAY FEEL SOMEWHAT OVERWHELMED by the energy generated from this or other practices we will explore in this book. If you feel overwhelmed, dizzy or spaced out at any point, lay down on the ground and do the following grounding meditation.

Note: if you're in an apartment or somewhere you can't directly connect to the earth, find a small rock, a crystal, or piece of wood you can hold in your hand. Any of these can be especially helpful since they are composed of the earth element. Some crystals are more

grounding than others, so research 'grounding crystals' to find ones that can best support you.

Important: To support your grounding its good to lay down flat on the floor. You could use a mattress or natural fiber yoga mat for extra comfort. Some yoga mats are rubber and therefore don't help you ground.

GROUNDING PRACTICE FOR SENSITIVE PEOPLE - STEP-BY-STEP

- Lay down flat on the floor or even directly on the earth if its easy access! Rest either on your front or back, ensuring you are as comfortable as possible.
- Hold any grounding item in your hands, or place palms directly on the floor / the earth.
- Visualize roots dropping down from your body - from every part of your body that you feel in contact with the floor or mattress.
- Drop these roots down regardless of the number of floors between you and the earth.
- Burrow them deep deep deep into the earth, letting them sink through the layers of rock and soil until they are held and supported.
- Bring extra focus to breathing out any excess energy that is in your body. For a time, *keep breathing with the focus on releasing the excess energy through the out breath, pouring it through the roots into the earth.*
- Then focus on the in-breath, and use that breath to draw in earthing, grounding energy.
- Slow your breath down to a regular rhythm or even slower than normal, breathing to invite deeper calm and relaxation.
- If there is still a lot of energy in your system then switch back to releasing on the exhale for a time, then inviting more grounding on the inhale for a while.

- Trust you are held. You may want to use the affirmation (silently thought or spoken aloud): 'I am safe, I am grounded'.
- Repeat any of these steps for as long as you need to, until you feel grounded.
- Trust your energy will settle down with a little time. All is well; it is a beautiful gift to be sensitive.
- Once complete draw your roots back up and be slow and gentle in transitioning.
- Wiggle some fingers or toes. Have a stretch of the body, open the eyes, and roll onto your side.
- Whenever you feel ready, come back to sitting.

I DON'T FEEL A THING!

FOR OTHERS, PERHAPS YOU DON'T FEEL ANY MOVEMENT OF ENERGY AT ALL. If that is the case, we encourage you to increase the pace of the movement and the strength of the breath. So rather than going for a slow, meditational breath and movement, increase the tempo to *activate more fire*. Kundalini Yoga is a very beautiful spiritual cultivation system which at times uses dynamic movement and breath to activate energy. So get more fiery and dynamic if you have not felt anything yet.

One safety warning - be careful not to overload your system. Find what pace of breath and movement feels right for you, on any particular day you are working with the Ankh practice. Some days you may find you need a more gentle breath, meditative and soft. Other days you may naturally need something more dynamic, so play with that. Work with this technique until you feel something, for some it just takes some time. Keep noticing any sensations, anywhere in your body. This might be heat or tightness, it be feeling expansion or contraction in and through the breath, it might be tingling or hairs standing on end. Be patient, you will feel it with time!

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MAKE THIS ANKH PRACTICE YOUR OWN

NOW YOU UNDERSTAND THE MAIN ANKH PATHWAYS FOR ENERGY TO FLOW through, play with it until you discover how it works best for you.

In terms of repetitions, we don't want to be prescriptive in telling you how many to do. We feel that locks people into a sense of mind-based attainment. X number is good, Y number is bad. Reaching a certain number of Ankh circulation does not make you any more or less spiritual than you already are!

What we would say is that cycles of 3 are good, since 3 / 6 / 9 is such a powerful and potent symmetry in the universe, and throughout all dimensions and realms.

Start with a cycle of 3 Ankh circulations, and if that feels like it's moving energy noticeably, then you may want to pause, ground for a moment and then continue with more sets of 3. Keep checking back in, asking: 'How is my body feeling? What sensations am I noticing?'

If there is any point where you feel a sense of overwhelm or dizziness, stop and ground the energy using one of the grounding meditations as mentioned earlier in this chapter.

ANKH YOGA PRACTICE FLOW

THIS PRACTICE, ONCE LEARNT, BECOMES DECEPTIVELY SIMPLE. IT SEEMS SO simple that some people might jettison it, especially if they don't feel the energy right away. *Trust in the power of this technique.* Literally just this one single technique could elevate you to the heights of the cosmos, or to a deep connection with your heart, your partner, or the earth.

Keep extending your circulations by sets of 3, 6 or 9. It's up to you how much you explore this, we simply encourage you to do so *until you notice a movement of energy in your body.*

You may experience this as heat, tingling, shaking, a sense of deep relaxation, a sense of energy movement in and through the spine, a

sensation of heart sensitivity (or numbness), lightness or light-headedness, flickering eyelids, twitches. There are so many different responses at different times. Just keep watching, witnessing and noting what is happening in the body, welcoming it.

You may also notice a shift in consciousness. That may be perceived as a deepening into yourself, or an expansion into a larger or more powerful aspect of yourself. It may take you into a state of deep meditation, at which point the movement of the body may fall away. If that happens then just be the witness to that state. Welcome it but don't chase after it. There may be a deep sense of peace, of open heartedness, a quality of feeling connected to that which you believe in. You may feel super connected to the earth or the heavens, or simply to your body.

At other times you might feel strong emotions - and ones that may not feel good. There might be pain, anguish, heaviness, tears. If these come can you welcome them too, as part of your experience in that moment? If you welcome them they begin to lighten and transform on their own, from shadows they turn into light, from heaviness they shed weight and rise, becoming lighter and lighter.

So there are many possible effects that can be activated from working with Ankh Breathwork and this yoga flow. We want to re-emphasize - this is a movement form in which *the breath is the key*. If you're not using the breath, if you're simply doing the movement, it's like trying to drive a car without putting your foot on the accelerator. You need gas, you need some power, some fire, in order to move forward. *Your breath is an access point to your power - and to your energy body - your Ka.*

You may find you want to gradually build up this energy circulation practice. In the beginning you may just do a small number of repetitions. Alternatively, you may also find the more you do, the more powerful it becomes. The question then to pose yourself is - 'How much energy do I wish to open to?' Because *just this practice alone* can carry you into very expanded states.

Immerse yourself to whatever degree feels right. That could be a 5 or 10 minute experience, it could be 20 or 30 minutes. It could be that you work with it for 1 hour and it expands your consciousness in a

very powerful way. Each person is different, and thus we can't give any prescription of "if you do it for X number of minutes you will receive Y effect." It can't be simplified in that way because every human body and every energy body functions differently.

WELCOME TO THE ANKHARAS

USE THE ANKH PRACTICES AS YOU WOULD ANY TOOL. GRADUALLY BEGIN to explore more 'Ankharas' – an 'Ankhara' is a single Ankh energy circulation, like an asana in yoga. So the 'Ankharas' are a multitude of different Ankh energy practices. We have shown you a few so far - the 3-part Ankh breath is one Ankhara, 'Opening your Wings' is another Ankhara.

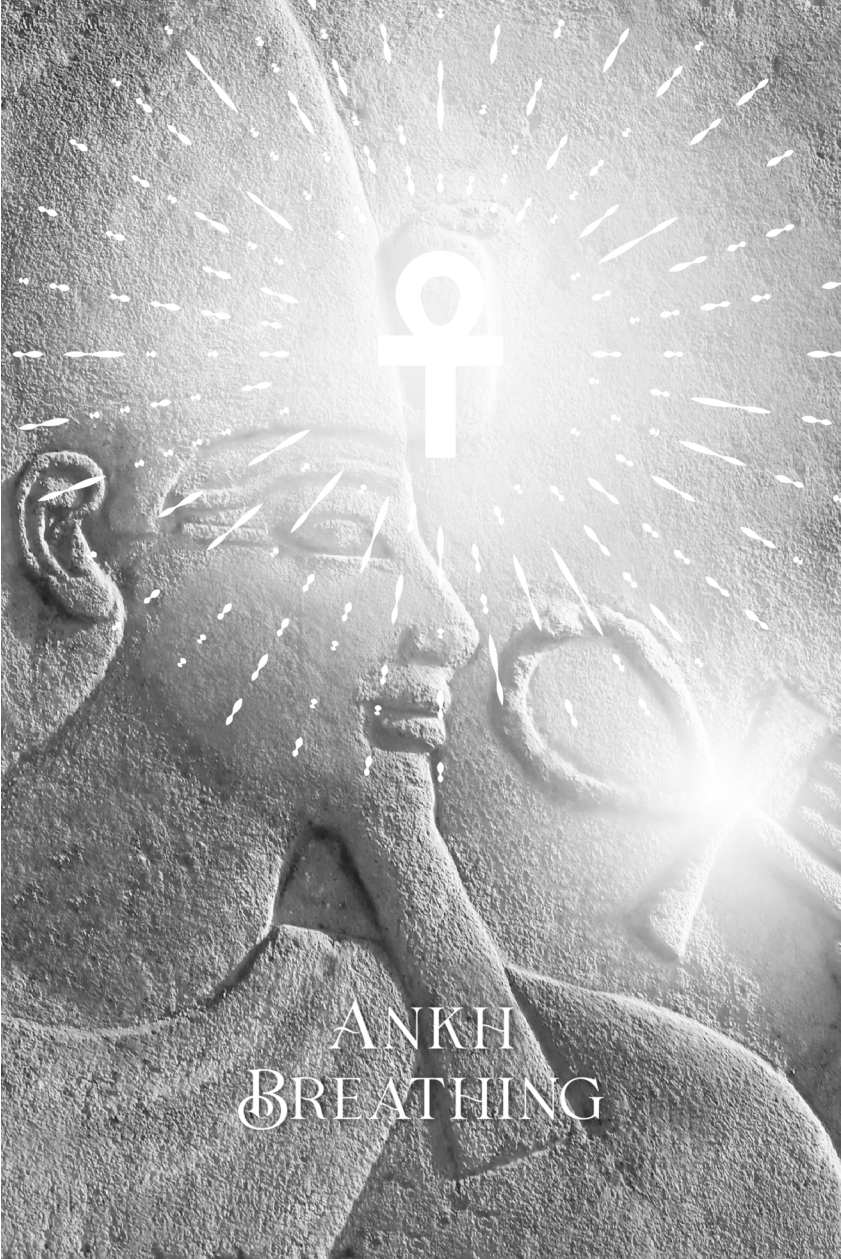
When you experience the benefit of these practices, when it is tangibly felt as a rush of energy - an opening of the heart - a connection to cosmos - then the benefits become obvious. So keep working with them, and keep deepening into these practices to see what they can reveal to you.

For many people, even more potent than the Ankh as breath and movement practice as we have just covered, is working with the Ankh as breath and visualization. This is yet another Ankhara. This is not to denigrate the breath and movement form in any way. The body is a beautiful vehicle, and it is helpful to work with the yoga form of the Ankh, it is a foundational practice you can keep returning to for years, or even a lifetime. But let us not stop there, let us go deeper and discover even more of the Ankh variations that can help unlock the infinite mysteries that can be uncovered through these practices.

With the Ankh, what becomes even more fascinating than purely working with the physical body, is to deepen more into the raising and circulating of energy through the Ka, the energy body. So in the next chapter, let us move to the next Ankhara - using only breath and visualization, without the physical movement.

If there was one gift we would love you to walk away with from this book, it would be the next practice. From our perception it is the

one that most effectively allows a building of the Ka - the energy body - into a field of golden radiant light. This is also the form of Ankh Breathwork you can utilize during your Ankh Healing sessions, to carry you deeper on your healing journey. Perhaps in the future, you will also want to share it with others who receive Ankh Healing from you, to help them go deeper into healing as well. So let's move to the next chapter to explore that.



ANKH
BREATHING

7. ANKH BREATHING



Now we reach the heart of the Ankh practices, and we are excited to share the very heart of the heart with you! We truly hope you find this as powerful as it has been for so many others, over

so many thousands of years. This is an energy practice that is not widely used today, in fact it has largely been forgotten.

The reason this book yearned to be channeled is to bring back and re-inspire this ancient way of working with the Ankh as *'The Breath of Life'*. Thousands of years ago, this breath technique was shared during initiation processes for Priests and Priestesses, it was known by Kings, Queens and Pharaohs, and also for some everyday people that had reached a stage of maturity in their spiritual development. So it was not taught to everyone, but only to those that were ready to receive it. Those with the eyes to perceive its golden value.

As a reader of this book, you can be a modern day initiate into this ancient path of Egyptian Ankh practice. However, sometimes this book comes to you not because you're meant to use it now, but because you are meant to use it at some later point. So we just encourage you to feel into that possibility. If you have been reading and have felt in some ways out of your depth, in terms of what is being explored, this might be a sign that you are meant to receive other teachings from other sources first, before deepening into the teachings in this book. Perhaps you are meant to have different experiences that awaken you, that open your body and sensitize you more, before you're then truly ready to drink deeply of these practices. If that resonates with you, know this book is here whenever you are ready for it, be that weeks, months or even years from now.

For those of you who are still a Whole Body Yes to this journey, let us continue deeper into this practice, so you are able to explore and expand even more through these Ankh Breathwork practices. For all of us that are sharing this knowledge with you – I as Isis, Ra, Mary Magdalene and Yeshua - we feel this is truly the heart of the practices. There are many variations, different ways in which to work with the Ankh, so many it opens to the infinite. And yet this next practice is the heart key, and it carries tremendous power. Perhaps it sounds like a grand claim, but in truth this single Ankara opens doorways into expanded states of consciousness and into the multi-dimensional reality of the universe.

In some ways, it works the same as we were exploring in the previous Ankh breath and movement practice. However, this time *you*

let go of the physical movement and replace it with visualization. The breath follows the same pattern as we have already explored, but this time *we call on the memory of the energy pathway* the body has been tracing physically. We amplify that embodied memory through visualization and *through the expansion, movement, condensing and circulation of our breath*, as you move energy and consciousness through the Ankh pathways. Thus the breath becomes the vehicle for the movement of energy - and thus consciousness - through the body and the energy body.

This time, when you inhale, we invite you to rest your hands in your lap. It can be good to have the hands linked, because this connects the left and right hemispheres of the brain, which is naturally supportive of this practice. As you know, the practice itself is uniting masculine and feminine, and since the hands are each linked to a hemisphere of the brain, left hand relating to the right hemisphere, right hand connected to the left, when we bring them together, we create a unified circuit.

It can be as simple as one hand resting on top of the other. It may also feel good to hold them in prayer posture, palm to palm in union with one another. Either way, make sure they are resting, so you're not using any muscles to hold them up. Let the legs be crossed if that is comfortable for you, or if you're sitting on a chair, let the spine be as straight as possible. Allow yourself to get comfortable.

If you have been feeling any stress or tension from your day or week, before you begin, use your first breaths to exhale any stress, any tension, giving it back to the earth. Know that energy can easily be recycled by Mother Earth. Or Father Earth. Perhaps that sounds strange but in Egypt we often worked with Father Earth who is called Geb, and Mother Sky who is called Nut (pronounced Noot). Mother or Father, Sky or Earth, in whichever way works for you, we welcome that. Know that they are right there ever ready to support you in releasing this stress. It is safe to give it to them, as they know exactly how to recycle it, to compost it.

As you exhale let the out breath carry away any tension, any stress, any concern, any worries. Let them all be breathed out, emptied out, released, unburdened. With the next inhale, arrive anew into this

moment: more present, more awake, more alive. Let the breath be deep and full.

WELCOME TO YOUR HARA

WE WANT TO POINT YOU TO ONE SLIGHT CHANGE OF FOCUS, THAT IS connected to the belly, the 'Hara' as the Taoists call it. They work a lot with the Hara, seeing it as the storehouse of energy available to the body. The Hara is a few finger widths below the belly button, and it is like the battery you would power your car with (your bodily vehicle).

When we go into the Ankh Breathwork practice in this chapter we're going to use the Hara - to help fire the energy out the back of the heart and over the crown of the head. Using the Hara gives the breath additional power, and in doing so we are generating more energy in the whole circuitry. So let us immerse first into another practice that gives you more access and connection to your Hara, your fire power.

THE HARA AND THE WOODCUTTER

TO FEEL THE POWER OF YOUR HARA MORE CLEARLY WE WILL EXPLORE A movement known as 'The Woodcutter', in which you imitate chopping wood. You bring your hands above your head, palms together, as if your hands were a big axe. You then bring them down as if chopping a block of wood in front of you. As you bring them down you activate extra energy by using a sound that comes from the belly: 'Haaaa!' - just as a martial artist would use.

As you sound, you contract your belly muscles, which amplifies the power you have access to. Try that for a moment just to familiarize yourself with your Hara – feeling your belly contract as you make the sound: 'Haaaa!' Do you feel it? We hope so!

- Now stand up and bring your legs out wide so you have a solid base. Let your knees be slightly bent (not locked straight) as this grounds you more.
- Palms together, raise them high above your head, taking a deep breath in.
- Fold forward from your waist and simultaneously bring your woodcutter hands down in front of you, and just as they are about to hit your imaginary piece of wood, contract your belly and make the sound 'Haaaaa!'
- Let your hands go through the space between your legs.
- Come back to standing, and repeat this movement a number of times. Note how the contraction of your belly muscles helps give power to the movement. 'Haaaa!'
- Try it louder. 'HAAA!'
- Repeat again making it even louder, contracting your belly muscles to give the sound your full power. 'HAAAAAAAAA!'

WHEN WE DO THE NEXT ANKH ENERGY PRACTICE, IN THE MOMENT OF firing the energy through the loop with the 'shu' breath we are going to contract the belly to support the movement of energy.

Try it now - contract your belly as you shoot your breath - 'shuu' - and with it the energy - through the heart loop from the back of the heart to the front. Let us now incorporate that new element into the circulation practice.



The Heart Loop pathway (no Ankh wings shown)

ANKH BREATH-VISUALIZATION PRACTICE

- Rest your hands in your lap so they are connected.
- Close your eyes and visualize the Ankh mapped onto your body. Bring that image as clear to mind as you can.
- Visualize the cross anchored through your perineum, down into the earth.
- Visualize the Ankh extending up through the central channel of your body to the heart.
- Visualize the wings of the Ankh expanding out either side of your heart.
- Visualize the energy loop that emerges out the back of your heart, over your crown, gathering energy from all the higher chakras before re-entering the front of your chest.
- Imagine raising your hands from your heart to the heavens simply through thinking of it, offer this gift from your heart to all that you believe in.
- Now receive back blessings from above, from all that you believe in.
- Visualize yourself gathering and directing the energy down as a golden stream that pours through the crown, through the central channel and back to the base of your body.

TYING THE BREATH

- On your next in-breath, inhale the first half of your breath, drawing energy up from root to heart.
- On the second half of the breath, feel the expansion of breath, as the wings of your heart open into the space either side of you.
- Hold your full breath for a moment, noticing the expansion of energy at the level of the heart, both in your physical body and energy body.
- On the out breath imagine this energy condensing towards your heart, forming an energy ball that surrounds the heart chakra *inside the body*.

- Shift awareness to the back of your heart. Take an extra breath and use your Hara to fire the breath through the loop, using the 'shu' sound and contracting your belly muscles to give more energy to this.
- Visualize (*or feel*) the energy as it loops over your crown and back into the front of your chest.
- Inhale, as if your arms rise from your heart up to the sky above you. Offer this energy as a gift to the heavens or to that which you believe in.
- Hold your full inhale (or breathe normally if you need to breathe), as you now receive back any blessings. It may feel like a gentle golden rain of light falling through your crown, energizing your body.
- Exhale, bringing your imaginary arms towards each other above the crown, gathering an energy ball and condensing it into a line of golden light which you pour down through your crown.
- Continue to exhale, letting the energy wash down through the Djed - the central channel - passing through each chakra, back down to the root.
- Take a moment to let your Ankh anchor into the earth.
- You may notice fine vibrations or strong movements of energy in the body. Just watch what is happening, however subtle or strong it is.
- Take a few breaths, allowing yourself to ground.
- Now repeat the process, following the same steps until it becomes an easeful, fluid movement of breath, awareness, and energy.
- Energy will build the longer you repeat it, so continue for as long as it feels good, in rounds of 3, 6 or 9.
- To finish, ground by sending your Ankh root down into the earth, and extending tree roots out from it.
- Breathe out and release any excess energy to the earth, and breathe in to invite grounding energy into your body.

YOU'VE JUST TAKEN EARTH ENERGY AND RAISED IT, EXPANDING IT THROUGH your heart, raising it right the way up to the cosmos. You have then drawn that cosmic energy back down through your body. This can be a very energizing process, you may feel it just from a single breath or you may need to circulate for some time to feel it.

Notice the pathway - from earth to heart, from heart to cosmos - and the growing unity between these. Notice also the tri-axis of height (raising from the root) - width (expanding at the heart level) - and depth (sending through the loop which takes us from 2D into 3D space). These three paths map the three dimensions, but also lead us beyond them, into the space beyond three-dimensional space.

ANKH BREATHING NOTES

IF AT ANY POINT THE PRACTICE FEELS TOO STRONG, SOFTEN IT THROUGH using a more gentle breath, especially when you're firing energy through the Ankh loop. Be aware that the speed of the breath is the accelerator - the stronger the breath, the more energy will move. So if it is feeling too strong, slow the breath down. Stronger is not always better.

Start gentle and gradually build the energy. When you direct the energy up above your crown, you may find your eyes roll upwards. If they have not, you may wish to intentionally roll them up - this supports the awareness remaining focused beyond the crown, towards higher consciousness. If rolling your eyes in this way is uncomfortable, just use your mind as the focusing tool of awareness. You can also help the body to become comfortable with rolling the eyes upwards over a period of time.

A note about the point about the crown we have been circulating our energy through, and raising energy up to. In Egypt this point is known as the Ba - this best translates as the soul. It is known by other lineages as the eighth chakra or the 'soul star'. It connects very powerful to your soul aspect and your higher self, and indeed, through working with the Ankh practices you can begin to experience a greater

alignment to your soul - which can then powerfully affect your day-to-day life as you naturally start to follow this more soul aligned path.

When you are ready to direct the focus of the energy back down from the Ba, direct the eyes or simply the awareness downwards, whilst exhaling and guiding the energy back to ground. In the same way that there is an additional chakra above the crown, there is also an additional chakra beneath the root chakra. If you are seated, this chakra is two hand lengths beneath your perineum. So take a moment to anchor into that energy point. We will call that 'the root of the root'.

If that is not grounding you sufficiently, you can extend your Ankh root down further, deeper into the earth, the rock, the soil. On your in-breath focus on drawing grounding earth energy up, through your roots and into your body. Stay focused on grounding, solidifying and slowing the energy down for as long as you need to. Once you feel centered and present in the body again, you can complete your practice if you wish to, or continue with other practice.

If this Ankh Breathing takes you into a deep meditative state, rest in that state with awareness for however long feels right, before returning to the practice and deepening further, or completing. There is a beautiful state where you can feel a deep and rooted connection to earth, a wide expansive connection to your heart, and a vast connection to the cosmos. When you reach that state of super-connection through all the directions, just rest there. Allow the breath to return to normal, or it may naturally become very still.

Whenever you feel complete, ground and earth yourself. Take some time to let the energy integrate and assimilate, especially if you have done a lot of circulations. If you feel 'spacey' spend additional time grounding. You may want to move into corpse pose, just laying on your back, or child's pose, folded forwards onto your knees, to integrate the energy and ground more. You may also feel super energized, open and desiring to continue. So keep working with this energy circuit, circulating through it for as long as feels right.

We hope you love this practice. The Ankh breath-movement practice (as covered in the previous chapter), combined with this Ankh breath-visualization practice can be seen as the beating heart of this energy circulation mastery system. Just working with these two prac-

tices alone can carry you through dimensions, revealing the worlds within worlds, micro through macro, through all the planes. Soon we will look at how to merge these breath practices with Ankh Healing, as the two fit together as one united flow of energy movement and consciousness.

In the next chapter, let us go deeper into what you can do if you are not yet feeling the energy - giving you different methods to fast track your journey so you can begin to experience energy deeply and powerfully, if you are not already. Or how to amplify your experience ever more, if you are already feeling the energy.



ANKH
CHALLENGES

8. ANKH CHALLENGES



By now we hope you have tried out the foundational techniques - the Ankh breath-movement, and the Ankh breath-visualization. If you have, perhaps you are wondering - what is all the fuss about? Maybe you are not feeling much, or maybe you are going through the

motions, but it seems empty or numb. When there's little or no bodily sensation or energy movement what can arise is a frustration, an echo of being at school, and not understanding what the teacher has told you. Some may be thinking – perhaps this technique isn't for me, perhaps I shouldn't even be looking into weird Egyptian spiritual paths! Maybe I should be doing something better with my time. The mind can throw up many reasons to justify this.

We encourage you not to drop these techniques if you are not feeling anything yet. As we spoke of before, every human is wonderfully unique, and you all have different levels of experience. A child born into a family of yoga teachers, or someone who has done some years of spiritual exploration, may well be at an advantage compared to someone that has not. Someone that is completely new to practices like this may not feel much, and naturally there is a frustration that can arise with this.

If this is you, we encourage you to read this section to explore some ways you could 'fast track' your experience to get more from it. If you are not yet really feeling it, it is good to recognize that your body may need something else, something extra, in order to open to the energy. That may even be something external that this book cannot offer. It may come from a teacher, a class, a workshop, a training, an online course... there's a whole host of different ways this could come. It may also come from just working with the practices in this book, and trusting that the energy will open *in its own time*. Or joining one of our live trainings with a group of people, so you receive the live transmission of these techniques and tools. Or coming for some one-to-one support from the guides at Mystika School.

One of the most beneficial trainings we recommend to open you to subtle energy is to receive a Reiki attunement. Reiki is a Japanese energy healing system received by Mikao Usui in the 1920s. Within a one-day attunement you work with someone who has already sensitized to reiki energy in a powerful way. They can help connect you to universal energy, and teach you how to open your channel to allow energy to pour through your body. This can be used for your own healing (Reiki 1), and then through additional attunements (Reiki 2) for healing others.

At Mystika School we initiate people into the Egyptian Ankh Healing energy stream, which in many ways is the Egyptian equivalent to Reiki. Part of that work is to connect you to the Sekhem - Sekhem is the Egyptian term for the primal life-force energy, also known as Kundalini in the Indian system. Reiki is typically focused on channeling energy from the cosmos/universal source. Ankh Healing works by channeling energy from the earth, the heavens, or both. Above or below - both of these are potent sources from which to open to energy flow which can then move through your body as a stream of powerful healing energy.

There is something in a Reiki or Ankh Healing attunement that reminds you of what you are capable of as a human being. It reminds you that you are not simply a three-dimensional human being, you are also an energy being too. Your very life is driven by that energy, whether you have consciously tapped into it or not. Using spiritual practices you can begin to raise, cultivate, amplify, circulate and use this energy in myriad ways. Tantra, Breathwork, Rebirthing, Chi Kung, Ecstatic Dance, Yoga, or just the contents of this book, all of these and more can support you to start feeling energy flow.

When you move into spirituality, realms and dimensions open up which are embracing the 'subtle realms' in ways that become incredibly powerful. Perhaps it sounds strange to say it, but at the height of the most powerful spiritual experiences, it can feel like 10 orgasms all at once. Or even 1000! It can feel so overwhelming that it blows your mind. The mind may not know this to be possible, but then you have a direct experience - in the body - which you simply cannot deny.

What will be most potent and supportive is anything that will help open you to experience your subtle energy flow. 'Subtle energy flow' is a little misleading, because subtle implies not very strong. Actually, once you sensitize to subtle energy, you are dialing into it as one would the dial of a radio. You tune into a frequency. Once attuned 'subtle energy' starts feeling very powerful. It can lead to states of ecstasy and whole-body bliss. It can lead to spontaneous shaking or sounding, tears or laughter, sadness or wonder. There are myriad ways it might express.

Now of course, some people may not be able to easily access a reiki

master or nearby spiritual workshop, so what else can you do? You can also access trainings online, which can be just as powerful as ones you could attend 'in real life' (we would argue that all is real life!). However, let us explore a few other ways you can sensitize more to your energy right now, without needing to look for a teacher.

GET OUT OF YOUR MIND

ONE OF THE CHALLENGES MANY IN THE WEST EXPERIENCE IS THAT YOU have been so strongly educated to operate from the mind. The moment you start exploring something that is a body-based practice, the mind can be confused, in resistance, wary and unsure. It might be wondering: *'What do I do? And what if I don't feel it? What if it's not going to work for me?'* All the fears of the mind can crowd in and block the direct experience. An over-analytical mind can halt the true experiencing of an experience.

How can you solve this? Sometimes it can take some time to let go of the mind's analysis. To trust that you are allowed - and worthy - to have an experience beyond the mind's designs. If you immerse into a breath, movement or sound practice with a spirit of openness, just inviting the mind to take a back seat, that in itself can lead to a powerful experience.

Whilst you're starting to explore these practices, the moment you notice the mind analyzing what is happening, then just notice it: 'Ah, mind.' You may even speak to this part of you: 'Ah, skeptical thought, welcome! Oh, analyzing mind, hi there!' Or simply label it as 'thought.' It doesn't matter what the thought is, if there is a thought there it can keep you at one remove from the direct experience.

USE THE MIND AS A FOCUSING TOOL

. . .

HOW DO YOU GO BEYOND THIS ASPECT OF THE MIND? *YOU USE THE MIND AS a focusing tool.* You bring the mind from analyzing what you're doing, into focused, direct engagement with the experience. So if you're moving your body, you focus the mind on simply watching the body and noticing anything that is there, almost like a scientist observing an experiment.

You keep going with the practice until you're so immersed that the analysis about what you're watching becomes unimportant. You are involved - your body is moving, your breath is moving and all your mind is doing is watching. Just continue to keep breathing and keep trusting that something is going to happen. But when is it going to happen? The fireworks? The ecstatic explosions? The boundless bliss? It may happen 5 or 10 or 20 minutes after starting a practice. It may happen on day one or day seven of trying something new out. It may happen that on the 40th day you do some Ankh circulations and you have such a life-changing, ground-breaking, reality-shaking experience, that you are never the same again. From that experience, you suddenly realize... *'Oh my god, this is what's really possible?!'*

Opening to sensitivity is like steps on a path up a mountain... sometimes we can get stuck halfway up, exhausted and frustrated. You want to reach the top and see the epic view, and the exhilaration that comes with that achievement. In your 21st century there is often a desire for instant gratification. Many of you want the trick or the tool that can immediately give you an experience. Or you want the tablet that will instantly alleviate the pain or suffering. That desire for instant is very ingrained in your cultures, now more than ever before.

What spiritual practice can bring at times is gradual transformation. At times it can also be incredibly fast. But at other times it is like a sculptor chiseling away, gradually revealing the beautiful form hidden within the stone. At first, it's rough, and from a distance you can't see what it is. The more it is worked on with the tools you have (the practices), the more it takes form and reveals its majesty.

It is similar with the Ankh - the more you use the Ankh and trust in it as a tool - the quicker it bears fruit through the raising of more energy, power, ecstasy, and connection. Consider the keys to your

house - you know those keys will unlock certain doors, you've used them so many times you don't doubt it for a second.

Now think back to the very first time you ever tried to put a key in a door, or fit a cube through a square hole. Presumably it was some time in your childhood, and it likely took a bit of time, it wasn't an instant success. It was a gradual process of trying it out, of finding how to perfectly align one with the other. So be patient and loving with yourself. Don't give up! Keep going, keep going, keep going!

The other thing to explore if you're not feeling anything - do something to get you into a deeper connection with your body first, before you practice. If you run, go for a run, if you do yoga, then do some yoga, if you work out, do half a workout. If you don't do any of those things then put your favorite music on and dance. It doesn't matter how you look, just dance! Move the body in whatever way feels good, and use that to guide your consciousness - out of your mind and into your body.

See if you can dance to a point where it feels good - just being in your body feels good! Dance into a state of joy, or at least a state where your heart is beating. You feel alive, your breath is flowing and then shift into some Ankh practice. If you do, a lot of interesting things can happen!

YOUR BREATH IS YOUR FIRE

YOUR BREATH IS ONE OF THE BIGGEST SOURCES OF ENERGY YOU CAN ACCESS as a human being. So use it. See your breath as your fuel, your fire. Before trying any energy circulations, have a short period where you're just activating the breath. How might that look? Try circular breathing for a moment (make sure you're not driving or operating machinery when you try this):

- Take a full, deep breath so you fill to the very top of your lungs, and then let the breath go straight away.

- At the bottom of your exhale, without pausing pick the breath up immediately, rising to another full inhale, and at the very top, let it go again.
- *Drop the pause at the top of the inhale, and the pause at the bottom of the exhale. Let the breath become a circle.*
- Do this quicker than your normal breath pace, so you're super-oxygenating the body. Perhaps you notice heat rising, perhaps tingling starts to happen.
- You might start feeling a little dizzy, some physical sensations might arise from this activating breath, which in its own right is a very powerful breath known as Rebirthing Breathwork.

SAFETY NOTE: If your hands, feet or mouth start to cramp, then let go of the circular breath or simply slow it down. This can be a strange side effect of Rebirthing breath. Rebirthing is about opening your body to new energy, and releasing anything old and stagnant. It opens the emotional field of the body.

Kiya is a rebirthing breathwork guide who trained over many years with numerous teachers, so he has dived deeply into how to work with the breath to support himself and others. Rebirthing is a method for deep emotional healing and the clearing of trauma from the past. At times there can be very deep-rooted beliefs or ideas that might hold you back from feeling anything in your body.

Why are humans so often numbed out from feeling? Because you may have been told as a child to not be so alive. Or maybe you were told to stop being so Loud... Wild... Free.... Open... Happy... Joyous... Ecstatic. Children take this on from parents, from school, sometimes from church. So there are many voices over decades that encourage the suppression of your energy. They educate you to exist in the left brain logic of the mind, even though it is only a portion of what a true human being is. So you may need some extra tools to help you get into your body and more in touch with what's happening inside, and not just calculating through the linear logic of the mind.

At times that means finding a teacher, a guide, a facilitator - someone that has gone further than you in the journey of embodiment,

and can therefore give you the tools and techniques. We have teachers within Mystika School who can also support you with this journey, either in person or online. There are many great teachers all over the world working in spirituality. Crucially, a guide or facilitator needs to be able to *hold you through what comes up* when you apply the tools and techniques, and keep you on track with the tool or technique.

It can be hard to do rebirthing breathwork on your own. What will likely arise is your emotions, because in order to open to healing, bliss and the highest ecstasies that can be achieved as a human, you need to dive into, understand and clear what is blocking you. Usually what is blocking is beliefs or experiences that were so powerful at the time you had them, they left a very strong impression, which is still playing out in some way, in your life today, or is held in the body.

That experience - or many experiences over years - hold you back from the full flowering of your magnificence as a divinely connected superhuman. There may be thoughts of 'I'm not worthy'. There may be thoughts of 'I can't do this', and all manner of limiting belief systems. Like a software program, they can be running as a background process in the computer system of your mind, almost like a virus. What do you do when you realize you have a virus in the computer? Of course, you find some way to remove it.

Now the Ankh techniques can help with this clean-up work, but because many use breath holds, they are not fully conducive to clearing the deepest layers of emotional baggage that may be stuck in your body, or trapped in the mind. Instead, it helps to utilize other emotional process tools, rebirthing breathwork being a good example of this. Or dance as a healing modality. Not dance focused on steps, but dance that can lead you into the depths (and the expression) of your soul. So powerful breath and movement tools can take you there. An amazing healer can also take you there.

In many ways these are all feminine approaches, which are allowing the emotions, inviting them, welcoming them, and letting them move whatever needs to be moved. There are many tools available, and many of these are beyond the scope of this book. We recommend these other techniques as universes in their own right, which may support your deepening into these teachings. Rebirthing Breath-

work is the biggest key that could support your opening into the emotional field, which in turn can support your deepening with the Ankh Healing tools.

At the same time this book has a rich range of practices to help you immerse into masculine and feminine aspects of your being. Follow them step-by-step to go deeper. After all, you need direct experiences for energy to really move.

The most important thing about this book is the experience you have when you put the book down and immerse into the practices! Our guided audios can also help you with this if you want someone to support you step-by-step with words and music.

ROOT LOCK

ONE ADDITIONAL TECHNIQUE YOU CAN BRING TO THE ANKH PRACTICES TO amplify them is to combine a root lock with them to raise more energy. A root lock is a contraction of the perineum area, which is between the genitals and the anus. The main muscles there are the PC muscles, which you use when you try to stop yourself peeing. Try contracting those PC muscles on your inhale and notice if you feel a sensation of energy rising. It may feel subtle or strong.

PRACTICE SUGGESTIONS

- *When you next do some Ankh practice, do something physical beforehand - dance, run, anything to get some blood pumping.*
- *Try the Ankh breath-movement form and activate it with deeper and more powerful breaths.*
- *Be abundant with the breath, and increase its pace to magnify the energy.*

- *Bring in some root locks - contract your perineum each time you inhale. As you do so, raise your palms from the earth towards your heart. Exhale and repeat this movement 3 or more times.*
- *Then do a full set of Ankh circulations - expanding at the heart, condensing, sending through the loop, raising to the heavens. Through this, hold the root lock until you have raised the energy all the way above the crown, then hold your breath for some moments and notice what happens.*
- *When you let go of the root lock, exhale and guide the energy down with your hands, tracing the centre line in front of the body.*
- *Next, drop the breath holds and instead let the breath keep flowing with your movement.*
- *Speed up the pace of your breath and movement. Notice any sensations in your body.*
- *If the mind comes in to analyze, welcome him or her... 'ah, mind, welcome.' Then refocus on the breath and the movement.*
- *If your mind drifts off, lovingly bring it back to the practice.*
- *Trust that you will feel more as you deepen into these practices more.*
- *Sometimes the sensations in your body don't always feel great, but know that any feeling is a doorway that can lead you to all other feelings.*
- *If you feel numb just keep breathing and noticing what is there. Sometimes the numbness needs to be experienced before it melts and reveals something else beneath it.*
- *Be patient, the energy will open and rise in its own time!*
- *Make sure you ground to finish your practice.*

NOW LET US SEE WHAT OTHER DOORS OF CONSCIOUSNESS WE CAN OPEN with the Ankh key. Let us go deeper into the Isis feminine way of playing with the Ankh, as *this could be the secret key to activate your energy in a whole new way...*

SHAKTI ANKH
BREATHWORK



9. SHAKTI ANKH BREATHWORK



So far we have worked with the Ankh using a lot of sublimation techniques, in which we inhale and often hold the breath. This is amazing for inviting and raising energy into the higher chakras, and as you may have found already, it is effective and powerful. In some

ways you can see this as a more masculine way of working with the Ankh - in the sense that it is more controlled.

Obviously all beings have masculine and feminine within them. This masculine approach can be beneficial regardless of what gender you identify as. At the same time there is also a more feminine approach to working with the Ankh, and we would like to introduce this now, so you can experience a different way to connect with the Ankh through the more feminine pathway.

First we will explore taking our Ankh practice of movement and breath and beginning to make it more fluid, more flowing, letting go of the breath holds. We began touching on this in the last chapter. Rather than working with breath holds, we are going to keep flowing with breath and energy through the Ankh. We are no longer holding the breath at any point, but allowing it to keep moving. This activates more life-force or as we would call it in Egypt - Sekhem. Sekhem is powerful, rising, alive, feminine energy.

Later in this chapter we will bring even more fluidity and movement into it by Dancing with Your Ankh. For those that love to move, this will bring a whole new energy to the dance floor, even if it is only in your bedroom! And for those that dislike dancing... this could be your ultimate growth edge of opening to the Sekhem life-force that can then power up your Ankh Healing to whole new levels of potency. Let us begin by exploring a more feminine approach to Ankh Breathwork.

SHAKTI ANKH BREATHWORK PRACTICE

- You could do this either sitting or standing.
- Palms at the heart in prayer posture to begin. Exhale and drop them to touch in front of your sex.
- Inhale and raise your hands up from earth to heart and open your arms - your wings - reaching that fully inhaled point.
- Instead of holding the breath, immediately let it go, bringing your hands back in and gathering energy into the heart.

- Send it through your Ankh loop keeping it fluid and flowing – shooting with the ‘shu’ breath. This could be from the back to the front of the heart, from front to back, or side to side.
- NOTE: for women sending the breath out the front of the heart and over the crown can be more powerful than sending out the back. Experiment with this and see if it feels more powerful.
- Once the awareness is back in the heart, again we raise our hands and the energy up above the crown. We might slow for a moment here, connecting to the above, but again not going into a breath hold, instead we keep flowing.
- Gather the energy ball above the head and direct it back down on the exhale, all the way to the earth.
- Keep going and keep flowing! As you may notice, the breath we are working with is more circular. This form of breathwork accesses more Shakti in and around the body.
- Shakti is spontaneous life-force energy. It’s free flowing and sometimes wild! Play with your inner Shakti, she is inside everyone, regardless of gender.
- Keep breathing and flowing, raising energy to the heart, expanding, condensing, sending through the Ankh loops, offering to the heavens, and receiving back.
- *Find your perfect continuum of flow.* Notice how it is activating your energy, which builds in power the longer you keep breathing, moving and flowing.
- Sometimes spontaneous movement begins to occur. So shaking might happen, sudden movements in the body, especially in the spine. *If this happens, welcome and allow it.*
- Keep going for as long as it feels good. *Build more energy by increasing the speed of the breath. Soften the energy by slowing the breath down.*
- Don’t overload your system with energy, find your perfect flow of Shakti life-force. Let it rise and let it fall, let it soften and then build once again.

- As you near the end of your practice, slow the breath and the movement down. With eyes closed feel the intimate softness of slow, meditative movement.
- Then move into meditation. Sit or lay down, watching the breath slowly rising and falling.
- Finish with a grounding meditation.

SHAKTI ANKH BREATHWORK - EXTRA NOTES

AGAIN AND AGAIN KEEP WORKING WITH THIS FLUID FLOWING APPROACH TO Ankh breath-movement to give you more energy. If any kind of spontaneous movement starts, simply allow and trust it. Through it the body is tapping into its higher wisdom, and is showing you – or simply aligning something - through the movement. If spontaneous postures happen, or new hand positions, just allow it. If it doesn't, just keep breathing and circulating through the Ankh, breathing in this circular breath flow. If you get overly dizzy at any point, slow the breath and movement down to modulate the intensity. Or pause, ground and rest, letting the energy settle before starting again.

If spontaneous movement happens, notice how it looks - there might be symmetrical forms and shapes. You may at points spontaneously create shapes around the body in different ways. Or it could be totally chaotic, without symmetry or clarity. Be in a full space of allowing, and breathing through all of it as you watch with wonder!

How much energy is too much? If you feel prolonged dizziness and overwhelm – this is your cue to slow down. Some light-headedness is fine but if it gets excessive this is a sign that it's time to ground the energy. Reconnect to the Ankh pillar, let it ground you through your perineum. Send it deeper into the earth, letting roots expand through the ground.

The most powerful grounding is through the central pillar of the Ankh, and you can sink that downwards as your grounding cord, earthing that powerful energy. Another way of seeing it - through

digging the Ankh root into the earth, all the energy we've been raising and building through the body is then being poured into the earth. Through that you become like an acupuncture point, pouring high vibrational energy into the earth. So that energy that might at a certain point feel overwhelming in the body, is actually *beautiful super charged energy that the earth loves to receive*. Let it pour through you, let it flow out, be abundant in sharing it!

At times you may feel a strong response from the earth that receives this energy. Sometimes you pour energy through, and the earth pulses back extra energy by way of thanks. So if you need grounding, then with the energy that returns, let yourself be grounded and rooted by it. Sometimes that energy rushes up through the body, through the energy channels. So there may also be waves where you are strongly connected to the earth, and open through all your chakras, and you're going into a kind of lovemaking – between the earth, your body, and the heavens. Keep playing, breathing and moving with it. There is no fixed way of Ankling when Shakti is leading, she yearns to be totally fluid and free!

This is Shakti's full permission time! Allow feminine energy to move, to express. If emotions come, allow them, breathe with them. If movement comes, allow it, watch it; there is wisdom in the spontaneous movement that reveals through you. In other moments the movement may turn to stillness, revealing a posture, the breath becoming soft or even stopping.

Witness from inside the embodied experience of it. Then in the right moment allow the Ankh breath and movement flow to begin again. The breath may become slow and meditative at times, or quick and dynamic with movements to match. At other points meditation spontaneously arises. You simply continue to allow movement or stillness, noticing what is alive - in your being and your consciousness.

In stiller moments, it may feel like the third eye and crown are opening. You may receive insights or guidance. You may enter into a void-like space, where there is no thought, nothing happening. And yet on another level so much is happening, all of it totally alive. Some people see that void as empty, a nothingness. Actually, the void is the fullness of All That Is - a place of great peace – the unmanifest realm of

all potential. So if it should arise, embrace the void like a deep yin nurturance on a universal scale. The No-thing-ness that is in and beyond you. You are in the very centre of the ALL you are united with. ALL has become One in that place. You are One with the Oneness.

Be aware some will resonate more with the masculine approach, others more with the feminine approach to Ankh practice. We encourage everyone to play with the polarities, whether you are in a male or female body, or any gender identity you may embrace. In doing so, you are naturally building strength in your inner masculine and inner feminine. You are also weaving them together through the practices, through moving between masculine and feminine, through dancing from one to the other. You are finding the One that the two dissolves back into.

Do you have a quality of resistance to the masculine form or the feminine flow? Perhaps you find the masculine breath holds work for you, but the feminine flow is challenging, uncomfortable, even unnatural. If so, there is something in that resistance, that your consciousness has the opportunity to start moving through *by immersing into the practice that holds the biggest resistance*.

There may be a challenge in embracing the feminine through practice (or through life in general). She is so wild and free that the aspect of us that likes to be in control is threatened by her. If that is arising for you, if there is a feeling of threat in embracing the feminine - in you, in your partner, in the world – just take a breath into that resistance.

The Great Feminine could be seen as the whole earth and how we relate to Her. Or the Sky Goddess Nut, expanding through eternal space. Sometimes if one has a deep Mother wound - if your Mother was not there to give you the love you deeply needed when you were young - then this is part of your healing work which you can cultivate through these practices.

The Shakti Ankh Practice is a beautiful portal into loving your inner feminine, including your emotions, and your playful, free, wild spirit. Part of the journey might also be grieving the wounds of that inner child that was not fully loved. This too can be a key part of the Egyptian Tantric healing journey we are on.

Alongside the part in you that may need healing, there is also the

ongoing remembrance that *you are perfect exactly as you are*. You are still part of the All That Is. You are still part of what one could call the Great God-Goddess. However you might conceive of that - the Universe, The All - you are still an intrinsic, united part of That. Even when there may be aspects of your individuated consciousness that you may need to feel, release and heal. You - just as you are - is absolutely perfect.

We wish to emphasize this because there are times when one can focus so much on healing that which is broken, damaged or traumatized inside of you. The focus can go there so much and for so long that one can at times forget the other part of you - *that which is already the great perfection*. That 'you' that is already perfect and already whole, holy and united with The All.

Both of these parts are true, they are simply different levels of perceptual consciousness. So we are not saying the traumatized part is wrong. It is an intrinsic part of The All that is looking to be brought into the light of healing consciousness. You are also already whole and healed from the higher vantage point.

You can step to that vantage point through working with the Ankh, through raising your energy, through rising through the ladder of the chakras. Through breathing, elevating and entering into the remembrance of your true Self on the higher planes of consciousness. Both need nurturance. Both are worthy of time and focus, because one balances the other. The earthly self is balanced by the heavenly self. The human self is balanced by the divine self.

SHAKTI ANKH DANCE PRACTICE

WE ENCOURAGE YOU AS SHAKTI PRACTICE TO GO INTO *FULL FREE FLOW dance*, and to explore all expressions of Shakti. Loving gentleness is one expression of Shakti, just as much as the wild, fiery, chaotic goddess is another expression. You may dance as the wild free maiden, the heart-connected mother, or the wise old crone. We invite you to play through the full spectrum of Shakti, of Sekhem. Allow her

and love her deeply. Love her to your heights and your most expansive widths.

Before you start this practice, find 5 or 6 music tracks you would love to dance to, and make a playlist with a few warm up tracks, a few fiery ones, and some meditative music to end. We encourage men to try this just as much as women. There is powerful healing medicine in this practice for everyone.

GENTLY WARM UP

- Begin by laying on the floor and visualize your Ankh energy circuit.
- Let breath be the life-force - the Sekhem - that moves your energy through the Ankh.
- Give more breath to allow your Ankh to expand more. Let your breath gradually become bigger and stronger as you deepen into the practice.

COME TO SITTING / STANDING - BUILDING THE FIRE

- Guided by the music, when you feel ready come to sitting... then come to standing and beginning to move in your space.
- Keep breathing through the Ankh as you move and dance - opening your wings, firing through the loops, raising to the heavens and receiving back.
- Find ways to dance your Ankh into form, in and through your body.
- Find ways to create Ankhs in your space - drawing them with your hands into the space around you, or creating an Ankh upon your dance floor through your movement.
- Let the movement of breath and energy through your inner Ankh be circular and flowing.

- Let it be whole bodied, allowing bliss and ecstasy to gradually rise.
- Let the breath be tied to the movement, letting the two become one.

BRING IN SOUND

- Allow sound to come if it wants to. You might want to play with the sound code Aaaaaa Nnnnnnn Khhhhhhh. Aaaaa is the heart, Nnnnnnn raises energy to the head and above the crown, Khhhhhh drops the energy back down through the body.

USE BREATH TO ACTIVATE MORE ENERGY (OR TO DIAL ENERGY DOWN)

- If not much energy is moving, increase the pace and intensity of your breath and movement.
- If it gets too strong at any point, slow the breath and the movement down.

MOVE INTO SLOW MOVING MEDITATION

- Near the end, let your Shakti flow become delicate and gentle for the meditative tracks. Let your breath rise gently into your heart, so the wings of your heart unfurl gracefully, and tenderly slow.
- If tears come, welcome them. If joy comes, welcome it. If love comes, welcome her, letting her flow and expand through the breath.
- Near the end, let postures of stillness arise if they wish to, breathing into them. Watch your life-force as she opens and softens into deep peace.

REST AND GROUND

- Allow yourself to enter silence and meditation, resting your body on the ground, just watching the inner movement and settling of Sekhem in your body.
- Do some grounding meditation to support you in landing.
- Open your eyes, coming back into your space gently, and softly stretch your body.
- Thank you breath! Thank you movement! Thank you energy! Thank you Sekhem!

ANKH HEALING



10. ANKH HEALING INITIATION



The Ankh is a multi-purpose spiritual tool which can be worked with in many ways. One of the most important ways it can be utilized is as a tool for healing, indeed our entire journey has been

leading us to this moment, of coming back to the remembrance of the healing power of the Ankh. Working with it reminds and realigns you to your divine nature, your divine origin - *inside every breath you take*.

Breathe into that idea for a moment. *You are divine. You are powerful. Exactly as you are.* You already carry vast healing potential within your being, it is inherent in your natural essence. Your deepest inner nature is bound, composed in and powered by love. Of course you are a healer. It is what you were born to be, it is one of the higher potentials inside every single being - be they human, animal, god or goddess. We all carry vast healing potential.

YOU ARE A HEALER

THE FIRST STEP IN WORKING WITH THE ANKH AS HEALING TECHNOLOGY IS to embrace the idea that *you are already a healer*. Once you accept this fact, then you can start the process of deepening into healing, by working with the Ankh as a powerful tool for purification.

In a similar way to Reiki, where we would place hands onto the body to support healing, we can also place our Ankh hands upon the body – physically or energetically - to facilitate a healing process that pours light and love into your being. In a moment we will explain more clearly about your Ankh hands. We will show you how to unlock and activate the Ankhs in your palms. Then we will encourage you to intuitively sense which parts of your body may need some additional loving support, and then bring your Ankh hands to those parts of the body that might benefit from some extra loving presence.

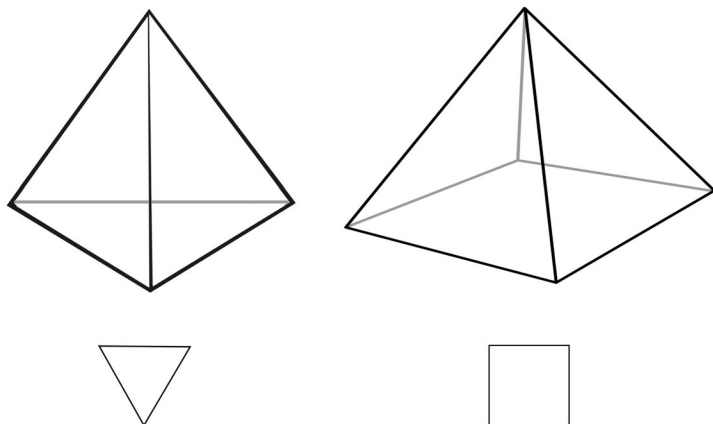
As the Taoists love to say - ‘energy flows where attention goes’ - so just the simple placing of a hand upon any part of your body immediately draws your attention towards that area. You may feel the physical sensation of bodily contact, you may also witness an inner movement of energy. You can be the one experiencing energy flow in your body, and the one who is giving yourself healing at the same time.

On the higher planes, unseen by the physical eyes, we as aspects of

higher consciousness in numerous loving forms are able to pour through love and light to you as well. Some people feel and experience this tangibly while others sensitize to it over time. You may see healing energy simply as one of your innate gifts – that your healing power comes from within you. You are your own healer. Whichever way resonates for you, whether you see it coming from within you or from outside of you, trust your truth and follow it, knowing that it too may change, you may come to perceive it in a new light or from a new vantage point.

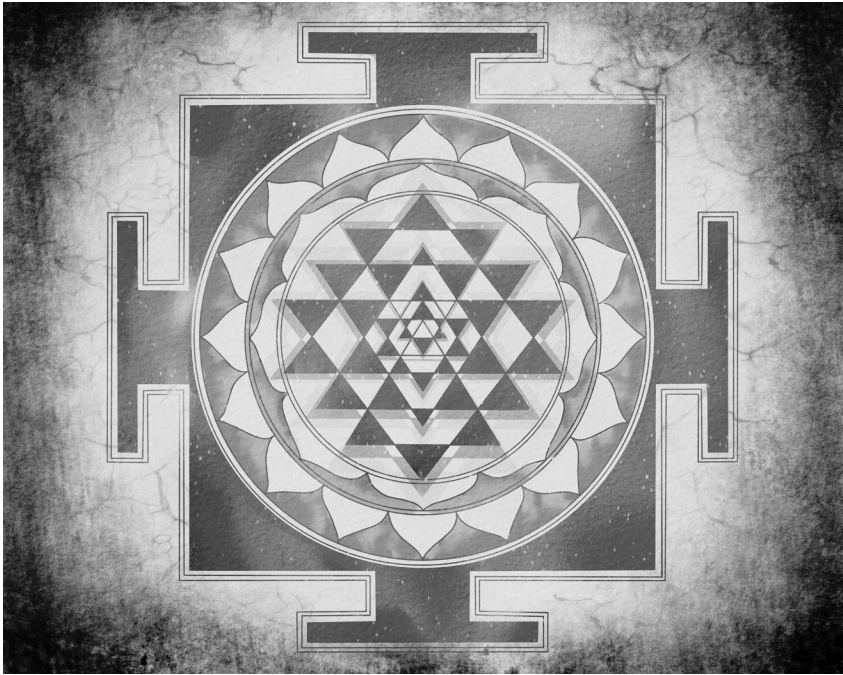
As you may know, Yeshua was a master healer, able to channel energy from the God-source that he believed in. He believed in it so strongly that indeed he performed what seemed to be miracles, and yet from the higher planes it is not a miracle - it is simply an alignment to the universal source of power. *He knew it was not his power, he was only the conduit, the channel for it.* You too can open as a vessel for divine healing power, or universal energy, to flow through. The first stage of that is in supporting your own self-healing. At later stages you can offer Ankh Healing to others.

WORKING WITH THE PYRAMIDS



As you know, one of the other powerful symbols and energy forms we worked with in Egypt over thousands of years was the pyramid. In fact, there are two variations - the four-sided base as you know from pyramids built throughout Egypt, and then the pyramid with a three-sided base, known as the tetrahedron, as pictured above.

The even more simplified forms from which these pyramids are constructed? The triangle and the square, both of which are also powerful forms in their own right.



Here we have a Sri Yantra, an Indian symbolic representation of the cosmos, composed out of triangles, squares, circles and petals. You can see all of these as powerful forms that can be drawn or shaped with the hands, the arms, or the body itself.

You can visualize a pyramid shape around your whole body, and just that creates it in the energy field around you. It creates a transformative temple-like space within which you can explore powerful practice or healing. There are also ways in which triangles, pyramids,

circles or spirals can be drawn around different chakras and in different sizes to support your healing. So we just wish to encourage you, for now, to see this in a creative and malleable way, and just recognize that working with energy forms will magnify healing.

In Ankh Healing, pyramids are one of the main additional tools, along with the Ankh, that we will work with and cast - in the sense that we will magically draw or visualize the pyramid shape in the space around your body. You visualize that shape and your body siting within it, and at more advanced stages you can work with that shape with others for their healing.

Please be aware that if you do not yet work with healing modalities with other people, then it is very important to learn how to clear your energy if you are considering offering healing to others, otherwise you can unintentionally pick things up. For now, let us focus on self-healing, since that is the safest point for anybody to start from. Those that want to become healers working with others, find a teacher you can learn from directly or online.

HOW TO WORK WITH THE ANKH AND THE PYRAMID

SO HOW MIGHT WE BEGIN TO WORK WITH THE ANKH AND THE PYRAMID AS healing tools? First by creating a strong container which can hold the healing, and then through unlocking the hands themselves, so we can pour more energy, more light and more love through them. Once the hands are unlocked then you are ready to start exploring healing more powerfully - this healing might be focused on one part of the body, or the entire body. Either way the process is the same. Later we will sequentially move part by part through your whole body, placing hands and pouring light into each part. When we do this hands on healing, at times we will create triangular shapes at different points to magnify healing to these areas. At other times we will work just with the Ka energy field around the body.

In this and the next chapter you will learn a malleable set of healing tools, working with the pyramid and your 'Ankh hands'. One of the

most important things to utilize in this healing space is Ankh Breathwork to charge up and generate extra energy which can then be directed towards healing. As a prelude to this Ankh Healing Hands initiation and the Ankh Healing methods we will lead you through, firstly, let us create a powerful pyramid temple space for this healing to happen within.

CREATING THE PYRAMID OF LIGHT

IN A MOMENT YOU WILL CREATE A PYRAMID OF LIGHT, DRAWING IT IN THE space that surrounds you. You can do this directly around your body in your practice space. An even larger Pyramid of Light could surround your room or indeed your entire house. We will use our hands and our intention to shape this pyramid energy temple into 'form'. Unseen by physical eyes and yet there - created by magical intention - by the activation and invitation of golden light to take form and positively support us.

You don't need to mark out this pyramid all the time, although some people love to and tangibly feel a strong activation of energy. So if you feel that, by all means keep working with the pyramids on a regular basis.

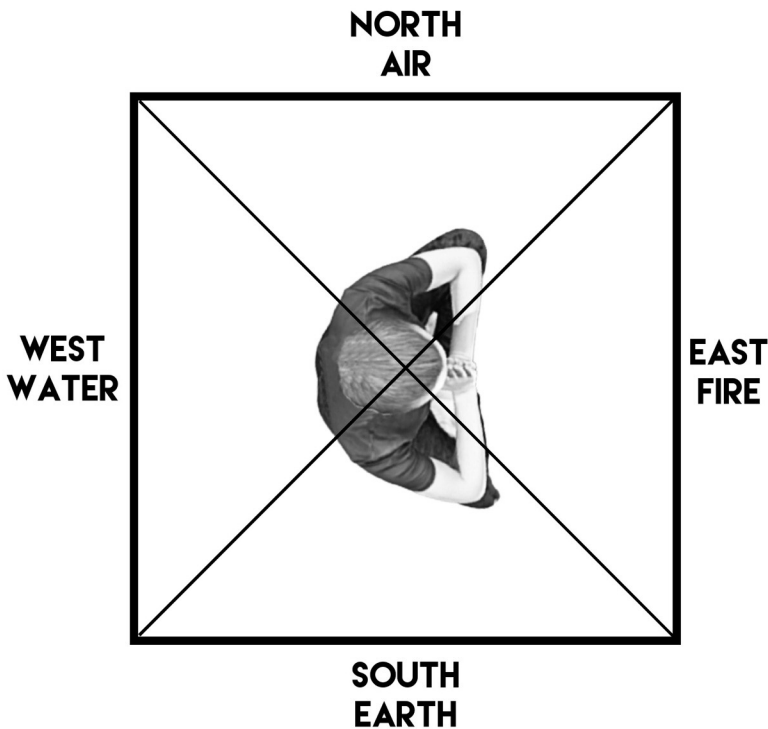
Creating this pyramid can be a standalone practice you might explore, but it is also a great way to prepare for doing the Ankh Healing Hands Initiation to prepare you for Ankh Healing. So we present these practices - 'Creating your Pyramid' and the Ankh Healing Hands Initiation back-to-back, should you wish to flow from one into the next (this is the ideal way to receive this Initiation).

There are numerous steps, which you could read and memorize, or you may want to record the guidance into your phone and then replay it so you don't need to refer to the book. There is also a guided audio of this initiation led by Kiya, and featuring some beautiful Egyptian-inspired music, available via the Mystika website here.

The pyramid is a preserver of energy, so any energy raised inside it, is held inside it. Through intention we can create it in such a way that

any energies we are releasing have a way out, so we are not preserving and keeping them. The pyramid is also a transmitter of energy into the field around you, so you can see the four sides as emanating light and energy into the surrounding area - through your home and beyond it into your wider surroundings.¹

There's something intrinsically powerful about the pyramid shape. It carries a structuring principle, so everything within the pyramid naturally comes into greater unity. As you explore the following practice, open to that space of greater harmony, within and around you. This then becomes a blessing not just for you, but for your home and the area in which you live.



Overhead view of someone sitting in their Pyramid of Light.

For this Initiation, if you can do this with a direct view of the sun, then by all means work directly with that elemental power. This is a powerful and effective way of making this process even more potent. If you're not able to do that – because of geography or the time of day - light a candle and place it in front of you as a symbol of the sun, the masculine solar consciousness. This could be just one candle you place in front of you. You could also light candles for the four corners of the pyramid, as well as one (or a number) directly in front of you.

Whilst you could just visualize drawing this pyramid in your mind's eye, we recommend to embody it physically, just the same as with the Ankh movement practice. As you know, there is something tangible that happens from going through the physical motions of creating the Ankh shape with your body. So too with the pyramid. For this practice, let us create a golden light pyramid that is big enough for you to comfortably sit in.

BEFORE YOU START, WORK OUT WHICH DIRECTION IS EAST AS THAT WILL BE our starting direction. Sit on the floor or on a chair and get comfortable in the centre of the space you will create your pyramid. Be aware the upper apex of the pyramid will be directly above you, and you need room to extend your hands above you and also around your body. Light your candle(s), or look towards then sun and then let us begin...

PREPARE BY ANKHING

- Sit with a straight spine to encourage a more alert state of awareness.
- Activate your Ankh with a number of circulations – 3, 6 or 9 times. This could be any of the Ankaras we have learnt so far.
- Allow yourself to charge up. This could be with gentle circulations, or a more dynamic breath and movement to generate more energy. Feel into what would be most energizing for you.

- Keep circulating until you feel energy rising in your body, opening your heart, and connecting to higher consciousness. Ensure you also keep the energy grounded through the root.

INVITE IN YOUR DIVINE TEAM

- Invite in Isis or Ra, Yeshua or Magdalena if any (or all) of us resonate with you. Alternatively call on whatever resonates for you. This could be angels or spirit guides, your own higher consciousness, universal life-force or love.
- Open and breathe. See, feel or sense the power of the being(s) or the consciousness you are communing with.
- Invite in the healing, balancing presence of a golden Ankh, visualizing it in your minds eye.
- Now let us draw the pyramid form around the body. Start by facing EAST to the rising sun - to Ra - *to the element of Fire which symbolizes activation, purification and transformation.*
- Bring your palms into prayer position at the heart for a moment.

CREATE THE BASE (THE SQUARE)

- Use both hands like magical drawing tools, and let your hands mirror one another. Draw a golden square of light around your body (visualizing and imagining it as golden). Your hands can physically touch the floor, or you draw it in the air just above the ground.
- Draw the base of your golden light pyramid 3 times around yourself, noting how it feels to have this earthy, grounding foundation around you.
- You may want to invite your guides and helpers to anchor the 4 corners, so it could be that Isis and Osiris, Yeshua and Magdalena each anchor one of the 4 corners.

CREATE THE SIDES (THE TRIANGLES)

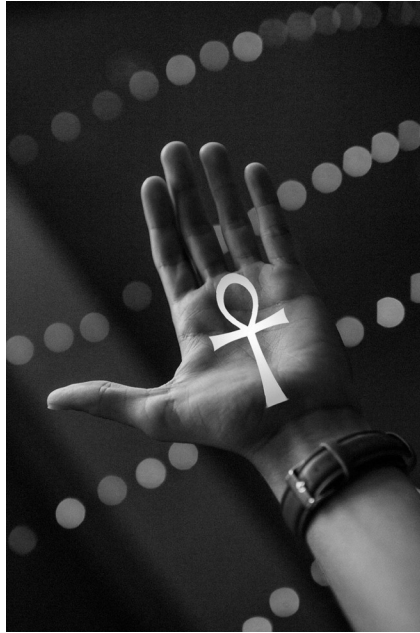
- Bring your palms back to your heart. Inhale and raise them directly above your head to mark the upper apex point of your golden pyramid.
- Hold this position for a few breaths, letting yourself connect through this point to all that you believe in, to the source. Let yourself be charged with energy from the one source.
- *Draw a triangle.* From the apex point, bring your hands down, left hand to the left corner, right hand to the right corner, creating the east-facing triangle of the pyramid.
- Repeat the movement 3 times, inhaling palms to the heavens, exhale drawing down the two lines to connect to the base of the pyramid. As you do so, see this side of the pyramid filling with golden sunlight.
- Remember breath is energy - give breath to this triangle to activate it more.
- Now rotate your body 90 degrees to your right to face the SOUTH. *This represents the element of Earth, symbol of groundedness.*
- Palms to the heart, raise to the apex point above your crown and create the next golden triangle, connecting it to the base again. Repeat 3 times. Breathe to energize.
- Rotate another 90 degrees to the WEST, *the element of Water which represents flow and cleansing.* Again do the same as before, casting the next golden triangle, breathing to energize.
- Rotate another 90 degrees to face the NORTH - *element of Air which represents space and expansiveness.* Again repeat the same movement and breath, creating the final golden triangle.
- Rotate another 90 degrees to return to your start position, facing east.

ACTIVATE THE WHOLE GOLDEN PYRAMID

- With palms together, extend them above your head to connect to the apex of the pyramid once again. Hold this position for some breaths.
- As you breathe, invite what you believe in to activate the whole pyramid that surrounds you.
- See this as a golden energy pouring down from the apex of the pyramid, flowing and expanding out through you and your pyramid. Let it illuminate you and the pyramid around you with golden sunlight.
- Bring your hands to rest in your lap or on your knees, noticing any sensations in your body.
- Continue with some Ankh Breathwork, as you visualize the pyramid radiating golden light into your home and the wider space around your house.
- The longer you continue, the more energy will build.
- Notice how you feel sitting within your Pyramid of Light. Let positive golden energy keep building.
- Congratulations, you have now created your Pyramid of Light!
- Ground your energy to complete, sending roots down.
- Alternatively move directly into the '*Awakening the Ankh Palms*' Initiation which follows.

Note: the same principle and method above works for creating a pyramid of any size. Each time invite in higher energies, do some Ankh Breathwork to activate yourself, draw the square base, draw a triangle for each of the four sides, then activate the pyramid with some additional breathing.

UNLOCKING YOUR ANKH HANDS



When working with the Ankh as a healing tool, one thing that can be very helpful for the laying on of hands, is to open the energy centers in the hands so they become more powerful conduits for healing energy to pour through. The Ankh has been used for healing in Egypt over thousands of years. We can activate it even more strongly as a healing tool by placing it into the energy field of the hands.

At the end of this chapter we will go through an initiation process in which we place the Ankh symbol into your palms both physically and energetically. We will then enter a healing process where you - or any aspect of higher consciousness/god/goddess/source you might connect to - are pouring energy through your hands and into your body for healing. You can see this in a number of ways – you could see it as coming from Isis or Ra, Magdalena or Yeshua, or indeed any higher consciousness you believe in. Or it could be simply Universal Energy or Love.

Resting in the very centre of your palm is a key energy point. So when we come to draw the Ankh upon the palms, we draw the centre

line of the cross, so that it meets that point of power. You can see how that maps onto the palm in the image above.

When you work with Ankh Healing you are working in the realm of magic, in a benevolent way that is in service to you and the world. The first step is to focus on self-healing. Once you have done enough of your own healing, you naturally reach a point where you can offer healing to others, but don't rush to get there.

First master these tools for self-healing before inviting others to receive of this medicine. Additional training is also needed in order to safely offer healing space to other people. If you do not know protocols for clearing and cleansing your energy field during or after offering sessions you can begin to pick things up from others. This is also why the safest way is to start with self-healing, to come to a point of knowing and feeling the tools and their effect. That is perfect preparation to later step into the role of healer if that should call to you.

ANKH HEALING HANDS INITIATION

AS PART OF THIS INITIATION, WE WILL INVITE IN A HIGHER CONSCIOUSNESS guide. If you don't yet work with a guide you can ask Goddess Isis or Ra, Magdalena or Yeshua, or request the ideal guide for you.

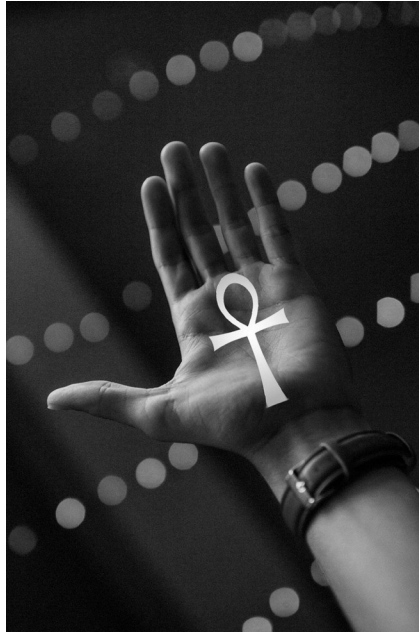
Before you start light a candle and place it in-front of you, and ensure you won't be disturbed. This process may take 60 mins, so allow enough time for it.

- Activate a pyramid form around you, as described above.
- Once your Pyramid of Light is created around your body, let us activate it further by connecting to solar fire energy - the energy of Ra.
- Whether looking at the sun or a candle, bring your hands together to make a triangle, the thumbs and index fingers touching. Bring that shape to frame the candle flame.

- Become aware of the light pouring through the triangle towards you. Invite it in with your breath, inhaling the energy of the solar fire into your body.
- Adjust your elbows so your arms also create a triangle shape. Craft a temple through the shape of your body with triangular forms.
- Do another round of Ankh Breathing, expanding the heart, magnifying love, sending it through your loop, offering it up to higher consciousness. Giving, receiving, guiding the energy back to the earth.
- Use your breath - the inhales and the exhales - to energize your golden light pyramid and you contained in its centre, building energy with every breath.

THE KA ENERGY BODY HAND ACTIVATION

- Place your palms face up on your knees. Now invite in your higher consciousness guide – Isis or anyone else - to energetically draw the Ankh symbol into the Ka energy field just above your open palms, starting with the left hand – the feminine, more receptive aspect. **THIS IS YOUR LUNAR HAND** and you can visualize it holding a silver moon-like light.
- This may feel powerful or very subtle. They may do it once or a number of times. Keep breathing, holding focus upon your open palm. When it is done, notice if the left hand feels different to the right hand, there might be tingling or a sense of heat or energy pulsation.
- Now let them switch and do the same for the right palm, drawing the Ankh into the energy field above your right palm. **THIS IS YOUR SOLAR HAND** and you can visualize it holding a small golden sun.
- Now you will place the symbol into the physical layer of your body. Your higher consciousness guide will continue to support this process energetically.



THE PHYSICAL UNLOCKING OF YOUR ANKH HANDS

- Take your right index finger and directly trace the Ankh symbol onto your left palm. Make sure the bottom point of the Ankh reaches from the wrist, the wings of the Ankh go through the centre line of your palm, and the top of the loop kisses the base of the middle fingers.
- Draw it 3 times, or more if it feels good, visualizing the silver moon light activation of this hand.
- Once complete, close your eyes and take a moment to feel your left palm, noticing if anything feels different compared to the right. You have just marked it with a very potent symbol, unlocking a powerful energy circuit.
- Now switch and draw the Ankh onto your right palm 3 times, visualizing it as golden sunlight.
- Once done, close your eyes again and with palms resting on your knees see if you notice any tingling, any energy.

CHARGING UP YOUR ANKH HEALING HANDS

- To power up your Ankh Healing hands let's do some Ankh Breathing for 3, 6, or 9 rounds. This could be the Ankh 3-part breath, the breath-visualization practice, or the breath-movement form. Whichever feels right.
- After you have raised energy to the crown, on the out breath direct that energy down through the head and shoulders, *down the arms and into the palms*. In this way we use this high vibrational energy to super-charge your Ankh hands.
- If you find it hard to visualize sending energy to both hands simultaneously, you could also send it to one palm for a number of breaths, then to the other. Most importantly, ensure both palms are charged up in whatever way is most effective for you.
- Do 3, 6 or 9 rounds of Ankh breathing to energize and activate your palms. Let them become overflowing with life-force, as if surrounded by golden or silver light.
- Now create an energy ball between your two palms. Bring them closer and further from one another, and see if you can feel the energy in your Ankh Healing hands.
- To complete, bring your activated palms into prayer position at the heart, and bow, giving thanks for this activation, or place them on your belly.
- You may wish to place your Ankh Hands onto your body for a time to begin feeling the energy flow. If you have time do so.
- Do a grounding meditation to close.
- This is the end of your Awakening the Palms Initiation. You may want to rest and integrate. If you still have energy you could move straight on to playing with these newly unlocked energies, as we shall explore in the following chapter.

In the next chapter we will also look at how to clear your energy

field. Even when you are just working on self-healing, knowing how to remove unwanted energies is an essential aspect of the healing journey.

To close this chapter, let us share an Egyptian chant which you could combine with your work with the pyramids, or simply as a standalone practice. This chant is calling on the four directions, and also the gods. The term ‘rosy-faced beings’ used in this chant is a poetic way of describing the gods.

I am the Unveiled

*If ye are in Heaven, or on Earth,
 An au unna ni Peta, en Ta,
 In the South, or in the North
 Resu, meh Mehta,
 Or in the West, or in the East.
 Meh Amenta, meh Abta,
 I am the only one in your bodies.
 U-eh-kua em kshat-ten.
 I am the pure one of eye.
 Nuk eh-b em ma'at-pv
 I shall not die a second time.
 Un mita-a em nem.
 My moment is in your bodies,
 At-a em kshat-ten,
 All forms are my habitation,
 Aru-a em kshent-a,
 I am he who is not known,
 Nuk un rekesh-eksh-eth,
 The rosy-faced beings are with me.
 Teseriu hra-sen er-a.
 I am the unveiled!
 Nuk unv!*

1. For more info on the energetics of pyramids, see *Pyramid Power* by Dr G Patrick Flanagan

DEEPER HEALING



11. DEEPER HEALING TOOLS



Let us now explore a range of additional techniques you can explore to deepen your self-healing journey. Most importantly, first let us look at how to clear unwanted energies that may arise during the healing process. Feelings, emotions or energies naturally arise during Ankh Healing as you release and let go of anything that is not serving you.

To support this release, the Violet Flame is one of the most powerful energy clearing tools you can utilize, during self-healing or when offering healing to someone else (once you have sufficient training to safely offer to others). The Violet Flame transforms and transmutes energies. It raises and purifies it – sending it up for higher level purification - or sending it down into the earth for recycling. It is violet because it is of such a high vibrational frequency - at the heights of the color spectrum.

There are a number of ways to visualize and work with this flame. You could imagine it as a sacred cauldron of violet fire that is directly in front of you, or you could place it in one corner of your pyramid. Alternatively you could imagine it beneath your Pyramid, as a giant basin of violet flames. When you invite it, the flames will rise and surround you, clearing, cleansing and purifying anything from your energy field or anything within your Pyramid.

At any point during a healing, you can direct energy into the Violet Flame for recycling - either just with intention, with a physical movement as if you could pick up this released energy and drop it into the fire, or carried on the breath (breathing it into the fire with intention).

Most importantly the Violet Flame should be used at the end of a healing session, to ensure you are walking away free of all that has been released. You can also utilize it at any point during a session, whenever you feel there is an accumulation of released energy that needs to be cleared from the space. You can activate the Violet Flame by using the following words, either aloud or silently:

*May the violet flame now clear any energies
which do not serve me beneficially,
anything I may have picked up,*

either knowingly or unknowingly.

*May anything that does not positively serve,
be released into the violet flame,
and may highest consciousness
support this purification.*

Use these words or find your own words that carry the same intention. This is important protocol to close your personal healing time, and it becomes even more important when working with others to ensure no one is picking up energies that have been released. If you are working with others in the future, you would change the 'I' form in the statement above for 'we'.



Ankh Spinning



Another effective way to clear energy in your field is Ankh Spinning. To do this we visualize the Ankh mapped on the body, and rotate the Ankh on its axis, the loop remaining above, the base staying connected to the earth, and letting the wings spin around.

If working to clear yourself, you could invite your Ka energy body to help you. One way of picturing your Ka is as an 'energy body twin', an exact replica of yourself but made of light - they may appear a little see-through as they are composed only of energy. You could invite them to step outside of your physical body and spin the Ankh for you!

Alternatively, you may prefer to visualize this energy twin as the opposite gender to you. In truth the Ka energy body can take almost any form, but for most it is easiest and most effective to visualize them as an energetic replica of yourself.

Imagine them facing you. Let them take one wing of the Ankh cross and set the whole shape spinning. This creates a high vibrational vortex, which helps clear out and release any lower vibrational energies. You could also visualize and spin smaller Ankh's through any

part of the body. At chakras, or any part of the body that might need some balancing or realigning of energy.

If visualizing your Ka energy body feels too strange to you, then try visualizing a golden Ankh spinning wherever it might need to, to balance and transmute energy - in or around your body. You can shrink it to a small size to work on a specific area of the body or to a large size to support your whole body. You could visualize a golden Ankh filling your pyramid, your room or your house, and again let any dense energies be released to the heavens or the earth through the spinning vortex created by the rotating Ankh.

INVITING I AS ISIS

ANOTHER WAY TO MAGNIFY YOUR HEALING OR TO SUPPORT ANY ENERGY clearing that might be needed at any point is to invite my energy as Isis in, to work on your physical body and energy body. I can only do this if I am invited (this stands for all higher consciousness guides, we need your permission to support you).

At times this may happen very spontaneously within your healing process, there may be a point where you simply feel my presence (or any other guide or helper) enter, and you may even hear us asking on some level of your awareness - *'May I support you in this healing?'* - or something similar.

You then have the freedom to say yes or no to the healing or support being offered. If we do not come through in such a clear way, if you don't hear or feel our request, you can also state either aloud or silently phrases such as:

'Isis, please support me in this healing.'

'Ra, I open to receive your guidance and healing.'

'Yeshua, please show me how to heal.'

'Magdalene, please teach me how to become a healer.'

When you say our names you are calling us. If you want to work with me, repeat one of my names, or all of my names a number of times to call me in. Aset, Iset, Auset, Ese are some of the Egyptian names I have been known by. Or chant or sing 'Isis, Isis, Isis' the form of my name that has become known far beyond Egypt. When you chant my name you are inviting and invoking me. I will come. You may feel me powerfully and tangibly. For others it may take some time before you feel my presence, but know that I am there.

I am able to serve many people simultaneously throughout the world; hundreds, thousands or even millions. As a goddess I am not limited by time, space or physical dimensions. I am able to take multiple forms simultaneously - forms beyond form - and thus I am able to serve and offer healing and support to many beings. This is one of my greatest joys - to offer healing support and tools to all those that wish to receive them. Or to simply be a healing presence supporting you on your path of awakening.

Once you feel me, I may show you new techniques or guide you though your intuition. I may reveal different teachings to what you receive from this book, or new variations that might work better for you. I invite you to trust the guidance you receive, step-by-step. At times that may be very clear and precise in terms of hand positions on or around the body, creating shapes, creating symbols, sometimes creating particular sounds to help different parts of the body to open and release.

So listen and receive the guidance if it is there, if it is coming, because that can be specifically tailored to you. It may serve you for that day, or it may serve as your way of working with energy in general. Obviously each being is different, every human works with energy in different ways. So I will support you in the ways that are most optimum for your uniqueness, so too all other higher consciousness beings of the light. Call our names and we will come.

For some, this direct communication may take some time to establish. It may also come in different ways: some may hear me, others may see images or symbols, others may feel an intuitive sense of what to do in moments. Until you feel my support more tangibly, simply

work with the practices contained in this book, to open gradually to this relationship we can come to share.

You can also call on Ra. We have been working with his energy already through this healing process, especially if you have worked with the sun or the pyramids. His path is more dynamic - a solar fire purification path. You can also sing or chant to him using 'Ra' or 'Re'. You can even call on his feminine aspect - 'Raet'. Or call both of them:

Invocation to Ra/Raet

'Ra-Neter-Atef-Nefer'

(The Divine God Ra is Gracious)

'Raet-Neter-Atef-Nefer'

(The Divine Goddess Raet is Gracious)

I work in a more feminine intuitive way compared to Ra. There are many healing methods and technologies I have helped humans develop over thousands of years. Day-by-day as you work with the Ankh, you are always welcome to call on me or Ra, Yeshua or Magdalena, if any of us resonate with you.

We will support you in any way we can. If you still and quieten the mind enough, and elevate your consciousness through the Ankh practices, over time you will begin to hear us directly. Be patient, and *listen for the still strong voice that emerges out of the silence*. At some point soon or in the future, if you are quiet enough, we - or your higher self or other higher guides - will speak with you clearly, tangibly and directly. This is a simple invocation chant to call me closer to you:

Invocation to Isis

Nehes Auset (Awake Isis)

Nehes em hotep (Awake in peace)

Nehes em neferu (Awake in beauty)

Nutjert en Ankh (Goddess of Life)

ANKH HEALING - ENERGY BALL PRACTICE

PROVIDED YOU HAVE DONE THE *ANKH HEALING HANDS INITIATION* FROM the previous chapter, you now have two sets of awakened Ankh Healing hands. One in the physical palms, the second in the Ka energy field around them. So let us now play with these to feel them more fully...

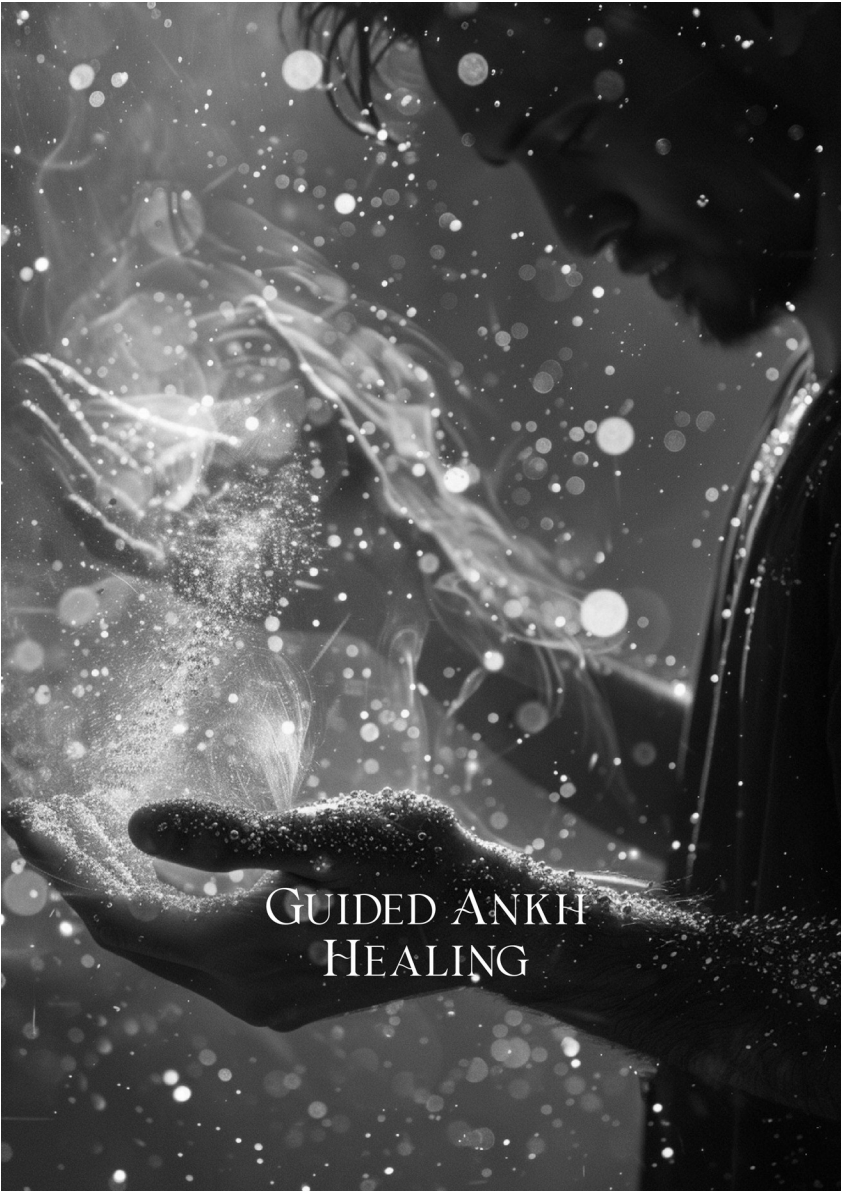
1. FEELING THE ISIS AND RA ANKH CURRENTS:

- Close your eyes to focus on the energy flow or sensations inside your body.
- Bring your palms close together so your two Ankh palms face one another.
- Be conscious of the left Ankh as lunar feminine energy (Isis), the right Ankh as solar masculine power (Ra). You are working with a dynamic, polarity energy field, a plus and a minus.
- Notice if there is a magnetic or electrical charge between your palms. Feel that polarity by drawing the palms closer and further away from each other. Notice if there is a point where you feel heat, tingling or electricity.
- Expand your palms out wide, more than shoulder width apart, palms facing one another from a distance.
- Can you feel the energy, the polarity? Do you notice the natural attraction of these two polarities? It may feel subtle or strong.
- If you don't feel the connection from this distance, bring your palms slowly towards one another until you feel a magnetic or energetic connection between them.
- If you don't feel anything at all, just trust that with focus and practice you will begin to feel more.

2. SUN AND MOON HANDS

- Now turn your palms to face the sky. Visualize a miniature moon shining in your left hand, and a sun blazing in your right hand.
- Breathe and allow energy to build. Lunar light increasing in your left hand, solar fire expanding in your right.
- Turn your palms to face one another and gradually bring them together. As you do, see what changes in terms of sensations in the hands, between them, or within your body.
- You may notice a charge building, or a tickling in the hands, perhaps a little resistance between the solar and lunar energies. It can feel paradoxically like an attraction and repulsion at the same time.
- Keep drawing the hands together and further apart. Feel how it is to build energy between your Ankh palms, between your masculine / feminine, your sun and moon. Mix these two polarities together.
- Bring your Ankh palms in until you hold an invisible energy ball, a sphere, just in front of your heart, this might be 6 inches or a little bigger or smaller.
- Play with this energy ball, move it around.
- See if you can make it bigger by giving it breath to help it grow - pouring each out breath towards your hands to energize them.
- Bring your palms closer to condense your energy ball, and notice how that feels... it may be smaller but it can also feel more powerful!
- Keep playing with your energy ball until you feel complete.
- To finish, condense your energy ball even more, until your fingers touch and then bring your hands into prayer position, palm to palm, Ankh to Ankh, at the level of the heart.
- You may wish to place your hands upon your heart or belly to finish.
- When you feel complete, do a grounding meditation to close.

If you did not feel anything yet, keep practicing until your sensitivity heightens. It will come with time, just trust, practice and focus, and keep watching for the sensations.



GUIDED ANKH
HEALING

12. GUIDED ANKH HEALING

Now we're going to lay our Ankh Healing Hands onto whichever parts of your body might need healing support. We recommend to take a minimum of twenty minutes to have time to drop in, but if you can make more time you will receive even more benefit and deeper healing. Take whatever time you can to nourish yourself through this self-healing practice. If you can allow 1 hour or more this will be deeply nourishing to the body.

Before you start, quickly visualize a golden Pyramid of Light surrounding you. You don't need to face all four directions as we did earlier, just visualize it around you in your minds eye. It would also be beneficial to do some Ankh Breathwork to energize and connect you, unless you are flowing straight from a previous Ankh practice, in which case you will have done so anyway.

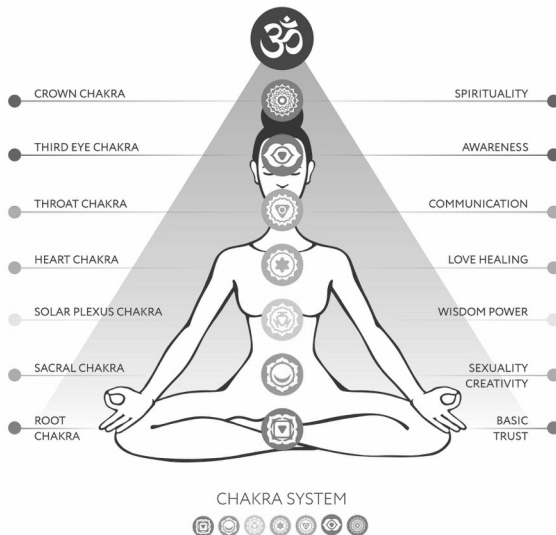
ANKH HEALING HANDS (20 - 90 MINS)

- After doing some Ankh Breathwork, shape your fingers to create a downward pointing triangle, thumb and index finger meeting. Place your palms flat upon your chest.

- Be aware the triangle is generating energy, and also your Ankh palms are pouring through energy as well.
- The more you focus your intention *and your attention* on allowing energy to flow through, the more it will. *The placement of your hands helps magnify your focus.*
- Visualize your Ankh Hands pouring golden light into your chest and heart.
- Do some Ankh Breathwork with the hands resting there to raise more energy.
- If your mind wanders at any point, lovingly guide it back to your breath and your hands and refocus your attention. *Energy flows where attention goes.*
- With the Ankh Breathwork, when you exhale from the crown downwards, use the breath to direct energy through your arms, through your Ankh Hands, and into your body.
- There will likely come a point where the hands want to change shape or position. You may want to move to another part of the chest, or another area of the body. Your hands can also be placed flat on the body without forming a triangle. Follow your intuition.
- *Most importantly: keep visualizing your Ankh Hands pouring golden or silver light and healing energy into whichever part of your body they touch.*
- Don't rush. Enter into a deep healing space where there is no urgency to get anywhere or do anything.
- Be aware you're still surrounded by the golden Pyramid of Light. As you breathe, receive the high vibrational benefits of being inside this temple right now.
- Inhale golden or lunar light into the body, healing the body, cleansing the body, renewing on all levels.
- Move your hands whenever you feel intuitively called to.
- Scan through the body from time to time, looking for any areas of pain, discomfort or contraction, and bring your hands to each area you notice.

- Visualize the Violet Flame fire in front of you and release anything into the flames - either with your breath, your intention or with a movement of your hands.
- When the pain or contraction eases from a certain area of the body, do another scan, and find another part of the body that may want to receive healing.
- As you breathe, keep receiving from all that you believe in. Isis, Ra, Mary, Yeshua or any being can be right there supporting you, if you invite them in.
- Continue to use the Ankh Breathwork to energize, directing energy into your Ankh Hands and onwards into your body, for as long as you feel to, until you feel complete.
- To finish, visualize sending roots down and doing a grounding meditation.
- Allow some time before transitioning back into 'doing' mode.

ANKH CHAKRA HEALING



Another approach to Ankh Healing is to work through your chakras one by one. Chakras are the main energy centers within the body, a ladder of consciousness that moves from lower to higher vibrational frequencies. You can look at this diagram of the chakras to get a sense of their qualities. Whether you are new to them or not, Chakra Healing is a beautiful process to explore. What follows is one method for Chakra Healing with your Ankh Healing Hands.

- Visualize your pyramid large enough so you can sit or lay down within it, and get comfortable in the middle of it.
- Take time to do some Ankh Breathwork and activate your Ka energy body (3, 6 or 9 rounds).
- Direct high vibrational golden or silver energy into your Ankh Hands.
- Create triangle shapes with your hands, bringing them into contact with the body, at the level of each chakra, one by one.
- These triangles could point down or up, either way will invite energy to be focused where you place your hands.
- Many people like to start from the root chakra at the perineum and work up to the crown, thus moving from lower vibrational to higher vibrational energies.
- Alternatively, find your own intuitive flow. If a certain chakra needs more energy, that might be the first one to focus on.
- Use the in-breath to draw in golden light, filling your full size Ankh and then directing energy on your exhale to each of the chakras one by one.
- Take some time and pouring super-charged energy into each energy centre, one by one as follows:

THE CHAKRAS

- The root chakra is at the level of the perineum, and is connected to grounding and manifesting.
- The sacral chakra is at the level of the sex centre, and is connected to creativity and sexuality.

- The solar plexus chakra extends from just below the belly button (and includes the womb for women and the Hara for men). It rises right up to the breast bone and is connected to our will and our power.
- The heart chakra is in the middle of the chest, parallel to the physical heart, and is connected to our love and compassion.
- The throat chakra is located at the throat and is connected to our speech and communication, and also the receiving of guidance from higher consciousness.
- The third eye is in-between the eyebrows, and is connected to higher wisdom.
- The crown is at the top of the head and helps us connect to the source of all life.
- You can fill the body with light on the inhale and use the out-breath to release anything that might need to be let go of. You could visualize this as a grey or black smoke that you direct into the Violet Flames for release.
- You could spend 2 minutes breathing into each chakra to make a 14 minute practice, but you could also extend this as long as you wish to.
- For a more powerful healing use deeper, stronger breaths and spend 10 minutes on each chakra to create a 70 minute journey.
- If you drift off at any point (or stop breathing), when you notice this, bring your awareness back to your breath and re-start your Ankh Breathwork to reconnect to the healing.
- After breathing at the crown chakra you will likely feel very connected and expanded.
- Gradually let your breath return to normal. The energy will slowly descend back towards the lower chakras. Don't rush this, just allow it to happen at its own pace, it might take a few minutes or even longer if you have had a powerful experience.
- Send roots down to ground and complete fully.

BREATHING OUT THE NAILS PRACTICE

- This is a standalone process in its own right.
- Be aware there is an intelligence within your Ankh Healing hands. There are times they can feel the exact spot that a physical or energetic blockage is.
- Sometimes your hands may be in the right area, but the pain or contraction is deep in the body, beyond physical reach. If so, you can use intention and your Ankh Hands to pour energy into the depths of the body, to reach these areas.
- Sometimes as you are pouring energy into the body, you notice there is something that needs or wants to be released from the body or the energy body.
- One movement you can do to release energy is to sweep the hands over the body, and flick them down towards the Earth. This can be a beautiful way to release anything that feels stuck.
- Sometimes it can feel like there's a very specific point of pain somewhere in the body, that feels almost like a nail - it is sharp and intense, it may even feel hot.
- If you experience that, use your fingers as if you could reach in to the body or the energy body - to extract this 'nail'.
- To 'take out the nails', we 'reach in' with finger and thumb to grasp it. Use the out breath to extend into the area where the pain is stuck.
- Even if it is physically inside the body, it correlates to the energy field, and so you can 'find the nail' and take hold of it between finger and thumb.
- Use the in-breath to extract the nail, pursing the lips as if you're sucking on a straw. When you inhale, it is as though your fingers are like a vacuum cleaner, sucking the energy out from wherever it is lodged in the body or the energy body.

- With the out-breath direct this energy into the Violet Flame. You could use the sound 'sssaaa' on the exhale. You can also release the energy into the earth or up to the heavens.
- Direct the fingers away from you as you make the sound or exhale, and open the fingers to release the 'nail' - directing it down into the earth / or upwards towards that which you believe in.
- 'Sa' is a word for protection, so we let go with the 'ssssaaa' sound to release energy out of our field whilst being protected from its negative effect on us.

THIS HEALING PROCESS CAN GO ON FOR AS LONG AS IT NEEDS TO. ONCE you have learned the steps, we encourage you to be free form with this healing process - you might like to work chakra by chakra from root to crown, releasing the nails, or you may follow your intuition, being called to different chakras at different times. See what works for you, and open to your intuitive guidance.

HEALING IN THE KA ENERGY FIELD

WE INVITE YOU TO BECOME MORE AWARE OF YOUR KA - THE ENERGY BODY that surrounds and interpenetrates your physical body. See it as a field of high vibrational light around you, for indeed on the higher planes this is what it looks like.

Whilst we have encouraged direct hands-on healing for much of this chapter, another aspect is 'hands-off' healing where you're working just with the energy body. It is highly beneficial in its own right, as well as being very powerful – in fact for some it is even more powerful than hands-on healing, especially once you sensitize to your energy.

For those that are sensitive to energy already, as you know, you can feel and attune to the energy body and release energies from it. If you're not yet able to feel these energies, we invite you to just start

exploring non-physical energetic touch, in the space immediately around your body.

- First, do some Ankh circulations to activate some energy.
- Then bring your Ankh Hands together facing each other, creating an energy ball. With each exhale pour more energy into this ball.
- Now direct this energy ball into a certain part of the Ka energy body. The Ka energy body surrounds the physical body - imagine it extending out 6-12 inches from the body. At times it grows even bigger than that.
- For a time, keep creating more energy balls. Use your breath to keep energizing and charging them. Then pour them into any part of the energy body (or the body) that may want extra energy.
- You might want to put them into each chakra. If you have any pain or contractions in the body, anywhere, then direct them there.
- After a time, let both hands intuitively move through your Ka energy field. Hold the hands four to twelve inches away from the body. *Slowly move them through the Ka energy field.* Keep giving the body breath. Don't rush this as we are tuning into deeper and deeper levels of sensitivity.
- Bring your hands closer and further away from your body. See if there is a certain distance that feels more powerful - this distance may change day to day, or moment to moment.
- See if you can feel into each chakra within the Ka energy field. If you can, that's great. If not, trust that this sensitivity will develop over time.
- To finish, sweep your Ankh Healing Hands downwards from head to feet through the whole energy field.
- Then come to rest with hands on your heart, your belly, or one hand on both.
- Use this simple practice to begin a beautiful sensitization process.
- Finish with a grounding meditation.

FROM SELF-HEALING TO HEALING OTHERS

ONCE YOU HAVE WORKED WITH ANKH BREATHWORK, AND YOUR ANKH Healing Hands for a period of time, you will sensitize more and more and feel the tangible benefits of these ancient tools and how they can serve you in your daily life. For some, the benefits of working with the Ankh will be powerfully felt immediately, for others it might be some days or months to feel it more and more.

To help you go further on your journey of deepening into Ankh Healing, you are most welcome to join us for our ongoing Ankh Healing trainings. At the time of writing these are offered online a number of times each year. Through these trainings you can work directly with Kiya and you can be initiated even more powerfully in the group field, which will strengthen and elevate your healing powers even further. He can also help prepare you to offer sessions to other people. There may even be chances to join him for a live IRL training (in real life!), although right now that could involve coming to Bali!

Please remember that if you are considering offering Ankh Healing sessions to another person, it is especially important to learn protocols and ways of clearing your energy field, so you do not pick up anyone else's energies. That would not serve you, and it would not serve them either. When offering healing to others there are levels of psychological complexity, as well as trauma that can rise to the surface, and this is why making more time to train and study is highly beneficial, whether that is to support your own self-healing or the healing of others, if this calls to you.

Find a recommended reiki teacher or healer in your area, or reach out to us at Mystika School for extra support if you want to deepen specifically with your Ankh Healing path. We also work one-to-one with people, so if strong trauma is coming to the surface and feels overwhelming, or if you just feel blocked, please know we are here to support you. We can bring this support through our group trainings to a degree, but if you need specific and deeper support then one-to-one

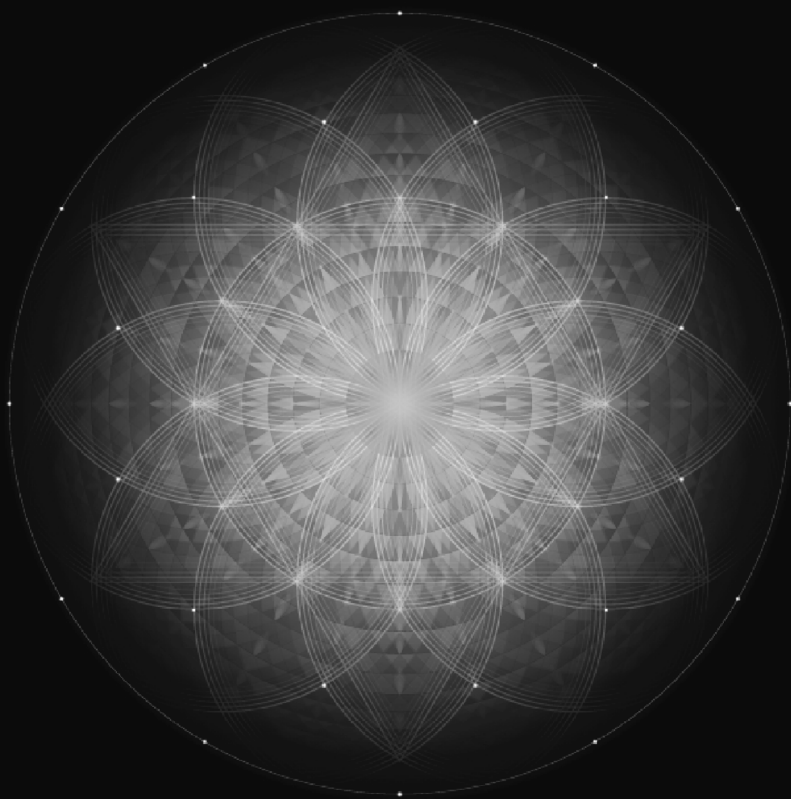
Ankh Healing sessions are available online or in person from our team of healers at Mystika School.

If you want to work with others as a healer we strongly recommend you study directly with experienced teachers. This person (or people) should have embodied healing techniques and practices over years. They might be a reiki healer, an energy healer, a tantric healer, there are many different titles they may use or different modalities they may work with. Most important is that you strongly resonate with them. See who feels like the best fit for you personally. Someone working with a connection to Egypt would be a bonus if you want to go deeper specifically in Egyptian Healing, but it is not essential if you want to learn more generally how to be a healer. Most importantly your guides or teachers should have a deep understanding of healing and energy, which typically develops over years of study, practice and client work.

To become a great healer it is also helpful to see this as a personal empowerment journey that can develop through time and experience, and can be helped by you working with different teachers and modalities of healing over years. One training is not enough, although it can of course profoundly transform your life.

We wish you a beautiful journey of deepening into Ankh Healing. May it serve you deeply through all the levels of your being.

EGYPTIAN CHANT ACTIVATION



13. EGYPTIAN CHANT ACTIVATION



As an extra gift we wish to share before closing, let us explore some ancient Egyptian chants. This is an optional extra to the Ankh Healing practice, but if you enjoy singing, it can add power to your practice through invoking the ancient Egyptian energies.

Egyptian chants are little known in the world today, and yet they are rich and profound. As you may know, chanting opens and raises the consciousness. It unites the two hemispheres, carrying us from left brain logic, into the unity consciousness state of whole brain activation - of right brain feminine and left brain masculine merged into one. It can open you to an inner union state. You can sing yourself into this state either solo, with a beloved or with an entire group of people.

For those that love to sound or sing, we welcome you! Know there is no right or wrong way to work with these chants - or hesi as they were once called. When you chant them, see them as light encodings in their own right. *Know that you are singing light into being.*

You are charging your temple space - and yourself - through the chanting, singing or speaking of these ancient words. You are calling on a deep well of wisdom from long ago. Sing to breathe new life into this ancient wisdom, and in doing so receive its blessings in return. Line by line we present the Egyptian phonetic pronunciation, and the English translation, so you know what you are chanting. You may want to chant only the Egyptian, or the English and Egyptian, it is up to you.

GOSPEL OF THE EGYPTIANS - VOWEL CHANT
(GREAT FOR WARMING UP YOUR VOICE)

'IEOU' is said to be a sacred name of God.

I PRAISE YOU.

I CALL YOUR NAME THAT WHICH IS HIDDEN WITHIN ME:

IIIIIIIIIIIIIIIIIIIIII

EEEEEEEEEEEEEEEEEEEE

OOOOOOOOOOOOOOOOOO

UUUUUUUUUUUUUUUUUU

What follows is a series of short chants. You could chant any of these, and keep repeating them in order to go into a light trance state. This can be a beautiful prelude to enter into Ankh practice!

AUSET / ASET (THE ORIGINAL NAME OF ISIS)
OR ISIS (THE GREEK NAME FOR HER)

AUSAR (THE ORIGINAL NAME OF OSIRIS)
OR OSIRIS (THE GREEK NAME FOR HIM)

RA (EGYPTIAN SUN GOD)
RAET (FEMALE ASPECT OF THE SUN GOD)

RA-NETER-ATEF-NEFER
(THE DIVINE GOD RA IS GRACIOUS)

ANKH BA (THE SOUL LIVES)
REPEAT WHILST FOCUSED ON THE THIRD EYE, ALOUD OR SILENTLY.

ANKH KHAT (THE BODY LIVES)
ANKH KA (THE ENERGY BODY LIVES)
ANKH BA (THE SOUL LIVES)
ANKH RA (GOD LIVES)

HAIL SOUL

AH BA (HAIL SOUL)
I-KUA (I HAVE COME)
AH KA, AH BA, AH RA, I-KUA
HAIL ENERGY BODY, HAIL SOUL, HAIL GOD, I HAVE COME

WE THE BRIGHTEST LIGHT
(sourced from Amen Khum Ra)

*Aun au khu mes tahamu khemu,
We the brightest light, born from the deepest black,
Mesu neter mut tef ma'atu,
Children of the Divine Mother Father, true right and exact,
Apuat khu apuat smet apu mtu neter anuk kherrru.
Open the way shining ones, open the way, listen to these Divine words I say.*

O NEVER SETTING STARS

*Au kshemu seku, uat ap-na au.
O never setting stars, the ways I have opened.
Nuk uru paut,
I am the eldest born of unformed matter,
Ba-a pu neteru, se-eh-he Tet em Tetttetu.
My soul is the gods, making to stand upon my Tantric Throne.
Uben-k nek, urtu-ab,
Arise for thyself, oh still heart,
Pesht-k nek, urtu-ab,
Shine for thyself, oh still heart,
Teh-k-tu her kes-k,
Stand alongside your image,
Heh-ek am-v
Rejoice in it
Thesu-tu!
You are fastened together!*

DEITY INVOCATION

THIS ONE IS A BEAUTIFUL DEITY INVOCATION, WITHIN WHICH YOU ADD YOUR own name, and also the name of the deity/higher consciousness you want to work with or connect more with. So you may want to call in Auset/Isis, Ausar/Osiris, Ra or indeed any higher consciousness.

*Anet-hra-k, Nut!
Hail to thee, Noot!
Auksh satet-v en Amenta, hent en Peteru,
Oh daughter of Heaven, mistress of the Sky,
Au hent en ehemui-v en maqet.
Thou mistress of the interdimensional ladder,
Un uat er (your name)
Open a way to (add your name)
The-k-na (your name) ses-a.
Let (your name) pass.*

*The-k-na (your deity form) ses-a.
Let (your deity form) pass.*

THE PRAYER OF AWAKENING

This invocation can be chanted or spoken to invite in the energy and healing presence of I as Auset/Isis. This is the prayer that Kiya worked with to first call me in. It is a composite of a number of ancient chants, created by Isis priest Padiusiri.

*Nehes, nehes, nehes,
Awake, awake, awake,
Nehes em hotep,
Awake in peace,
Nehes em neferu
Awake in beauty,
Nebet hotepet
Lady of Peace.
Weben em hotep,
Rise thou in peace,
Weben em neferu,
Rise thou in beauty.
Nutjert en Ankh,
Goddess of Life,
Nefer em pet!
Beautiful in heaven,
Pet em hotep
Heaven is in peace,
Tu em hotep.
Earth is in peace,
Nutjert sat Nut
O Goddess, Daughter of Nut,
Sat Get,
Daughter of Geb,
Merit Ausar;
Beloved of Osiris,*

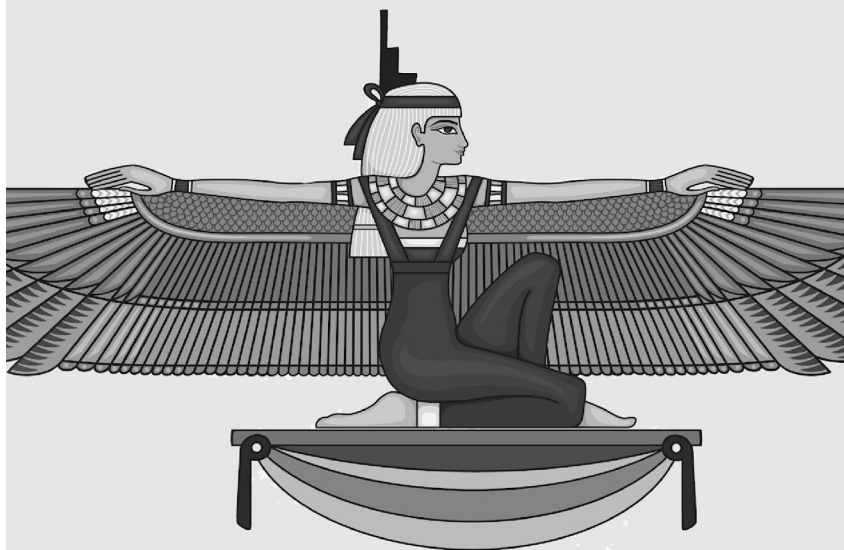
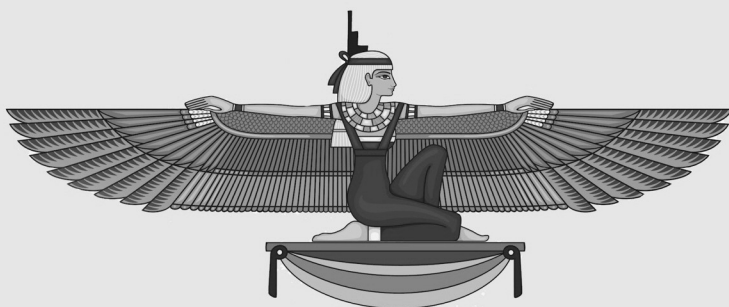
Nutjert asha renu!
Goddess rich in names!

Anekh brak.
All praise to You.

Anekh brak.
All praise to You.

Tu a atu. Tu a atu. Nebet Auset!
I adore You. I adore You. Lady Isis!

ISIS CLOSING TRANSMISSION



14. ISIS - CLOSING TRANSMISSION

WE SING TO YOU, FROM JUST BEYOND THE VEIL,
We sing to your hearts, inviting them to open their wings,
We sing to your soul
Inviting it to awaken,
Breath by breath.

WE SING IN THE CRUCIBLE OF THE GODS,
Awaiting your return,
To sit with us,
To dance with us,
To pray with us,
To play with us.

AND WE OFFER YOU THESE SACRED TREASURES,
These Ankh keys to lead you on the path,
That unite us in that shared remembrance.

AND THOUGH AT TIMES YOU MAY FORGET,
We invite you to breathe, sound, move,
and make love,

Through every plane of consciousness,
Forever uniting and merging with the beloved.

THE BELOVED THAT YOUR LOVED ONES ARE AN ASPECT OF

A beautiful sacred glorious aspect,
Whose communion still calls your souls,
To the breath-sound-movement
that carries you beyond.

COME MEET US IN THE TEMPLES OF LIGHT,
Come, step through the doors
Using the Ankh keys to unlock door by door,
The paths, the hallways, that lead to the eternal all,
That you were never, ever separate from.

UNITED IN THAT ONENESS ALL TOGETHER,
What more are we to do but love?
What more can we do but celebrate?
Play, revel, in the holy, universal,
glorious dance of it all.

SO COME JOURNEY INSIDE,
And through the inside go beyond,
Through the beyond unite with The All,
And united with The All see the truth,
That was always right there...

IN THE BEATING OF YOUR HEART,
In the tears of your lover,
In the dance of sunlights blessing,
Of the Solar ray...
The ray upon the moonlit ocean waters of Isis,
In the all and the everything,
We are as One.

TIYE SIYE NOTA

Siano tey
Kialo sunaya
Kiala sunaye
Tia tumna
Choso nanaya
Illi-hiya
Ele-hiyo
Ele siana
Siso ranaya
El Ankhara
Ey Ankhara
Ehi Ankhara
Esse yala duna
Esse mya leya
Ey Ankhara
Alaye heya
Usa iamna
Auseta
Isisa
Ey Auseta

15. CLOSING PRAYER TO ISIS



GREAT MOTHER, ISIS, ASET,
Bless us with your healing powers,
Bless us with your healing knowledge,
Bless us with the tools to unlock our hearts
Bless us with the keys that open the doors,
To the divine remembrance of you and the All.

MARK UPON MY SKIN YOUR SYMBOLS OF POWER,
Trace an Ankh within my body.
Bless me with a thousand Ankhs
That invisibly adorn my skin
and radiate your light through me
and into the world.

MARK MY PALMS WITH THIS ANKH SYMBOL
So I may pour your divine light,
Through my hands,
To heal others and myself.
Raise me up with your wings,
Allow me to soar to the skies far beyond this earth.
Carry me into the realm of the gods.

AUSET, ESE, ISIS,
Teach me of your knowledge,
Baptize me in your water's grace.
Cleanse me and release me from The Great Forgetting.
And bring me back to the remembrance
Of god and goddess,
Of divine service,
Of I in union with The All,
Of I in living remembrance of the mystic path.

DAY BY DAY MAY YOU SUPPORT ME
To sit and make time for this remembrance,
Day by day bless me, bless us all with your wisdom.
May I always be quiet enough
To hear your voice inside the stillness.

MAY YOU SHARE WITH ME THROUGH WORDS,
through images,
May you come and bless this space,
May you sit in front of me and remind me,
That I too am one with god,

That I too am one with goddess,
That there was never any separation between us.

MAY WE SIT AND BASK IN THAT SHARED REMEMBRANCE.

May I bow to you,
just as you bow to me.
As we see in one another's eyes
the beauty of that divine,
That we both are part of, united with,
And never, ever separate from.

DEAR GODDESS ISIS, IF EVER I SHOULD FORGET,
Please take me in your wings,
And raise me back,
Into the light of remembrance.

With all my love,

(add your name here)

READY TO GO DEEPER?



Mystika School is a 21st century Mystery School. We offer teachings, trainings and one-to-one work, both online and in person. We work with individuals, couples and groups.

If you have enjoyed this book and wish to go deeper, then go to the Mystika School website to see what else you could immerse into.

We Offer:

- Ankh Healing Level 1 & 2 trainings
- 12-week Egyptian Tantra Online Course
- Guided Audio Practices and Initiations
- One-to-One Healing and Initiation Sessions

**For more info go to
www.mystikaschool.com**

For those that are struggling to deepen into the practices contained within this book, it can be helpful to enroll in a series of one-to-one sessions, working with Kiya or one of our faculty members.

These can be tailor-made to help you open your energy body and activate it in new ways. At times this can also include a process of healing and removing blockages from your system. Feel free to reach out if you wish to know more about these deeper sessions.

The practices in this book are advanced. It may take time for some people to truly feel the energy flow. Feel free to reach out should you have any questions about how you can deepen on your journey from here. This is only the beginning!

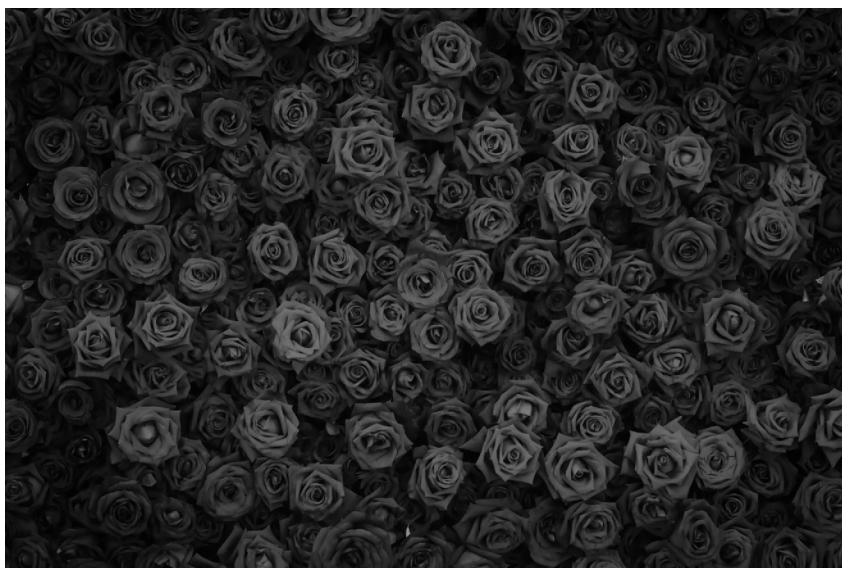
*Thank you for joining us on this journey
deep into the heart,
deep into all that you believe in,
and deep into the energy body
and the many dimensions this can open us to.*

WITH LOVE AND IN SERVICE,

A handwritten signature in black ink, appearing to read 'Kiya', with a long, horizontal, slightly wavy line extending from the bottom of the signature.

Kiya Ankara
Creator of Mystika School
www.mystikaschool.com

HELP SHARE THE LOVE



If you have enjoyed this journey, there are a few things you can do to support this book going out further into the world.

I don't have some massive marketing team behind me. As a result,

it is a great help when people spread the love by sharing about this book with others they think would enjoy it.

That might be in person, it might be on social media, any way that works for you. Love-fueled guerrilla marketing techniques are fully welcomed! Or whispers in the ear of a loved one...

Secondly, please leave a review. That could be a quickie share, or a deep and extensive one. Share what most touched you, what inspired you, share your revelatory OMG wow moments (G for Goddess!). Just that goes so far in kindling inspiration in others.

Join my mailing list at Mystika School to be kept in the loop about everything else we are offering. For sure there will be more!

If you had a profound insight or life changing experience as a result of immersing into this book and its practices, I WOULD LOVE TO HEAR ABOUT IT!! Write to me, or send me a short audio or video!

To close I want to say - Thank you and I Love You. TU A ATU! Perhaps that sounds weird, given that we may not have met, but I love you all the same!

Aren't we all on the same wild, crazy, amazing adventure through life? Let's keep supporting each other, keep lifting each other up, and saying I love you at every possible opportunity. Or as they say in ancient Egyptian - Tu a atu - I adore you.

LOVE FROM,

A handwritten signature in black ink, appearing to read 'Kiya', with a long, sweeping horizontal line underneath.